



# WISDOM & WELLNESS: ARTS, HEALING, & STORYTELLING PRESENTS *FIREHORSE*

**MAY 29**

**11:00 AM –  
1:00 PM**

Wisdom & Wellness: Arts, Healing, & Storytelling presents Korean play, *FireHorse*.

*FireHorse* is a play exploring Korean history, intergenerational trauma, family, cultural stigma, mental health, and personal empowerment.

We invite older adults 65+ to join us for this play and an accompanying panel discussion.

**Together, we hope to tackle stigma around mental health, make it easier to talk about, and normalize help-seeking.** In this empowering, arts-based event, we aim to shine a light on how mental health challenges can significantly heighten tensions within culture, family, and community.

**We hope to foster a sense of belonging, affirming that all communities matter and all communities can heal from mental health challenges.** We also hope to increase awareness and knowledge related to mental illness and combat stigma.

**Location:  
SHARE! Culver City  
6666 Green Valley Circle  
Culver City, CA 90230**

### Join us for:

- Theatrical Play • Panel Discussion with the Artists • Luncheon & Community Discussion

**Register at the link below or use the QR code.**

<https://lp.constantcontactpages.com/ev/reg/bbs2ay3>



WELLNESS · RECOVERY · RESILIENCE



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
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