



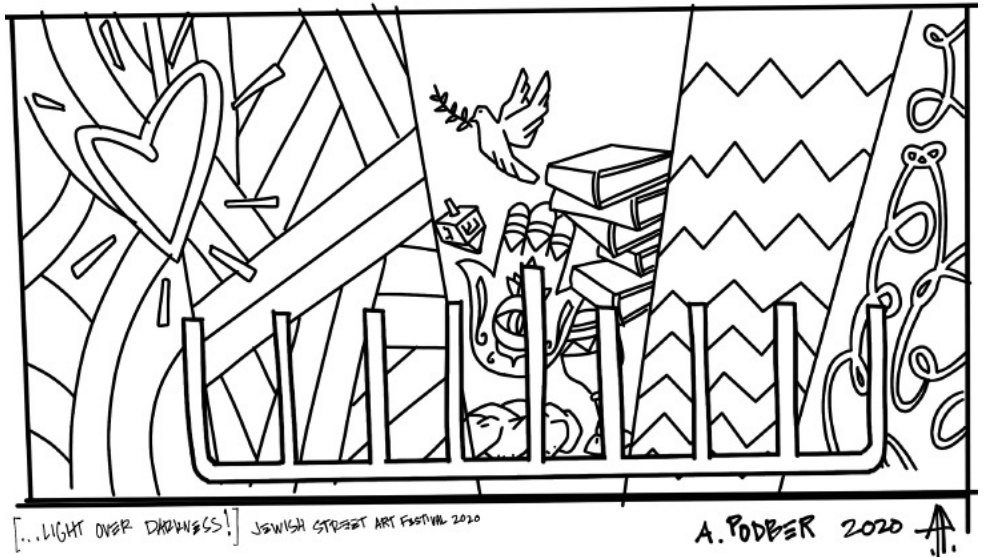
HANUKKAH COLORING PAGE

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest.

Adam Podber Art

"Art has helped me get through a lot as both a child and an adult. Whether it's painting canvas or welding metal, I can always find comfort in creating. I find that it puts me into a mindful place and that I am able to feel fully present in the moment." -

Adam Podber, artist



About the Art

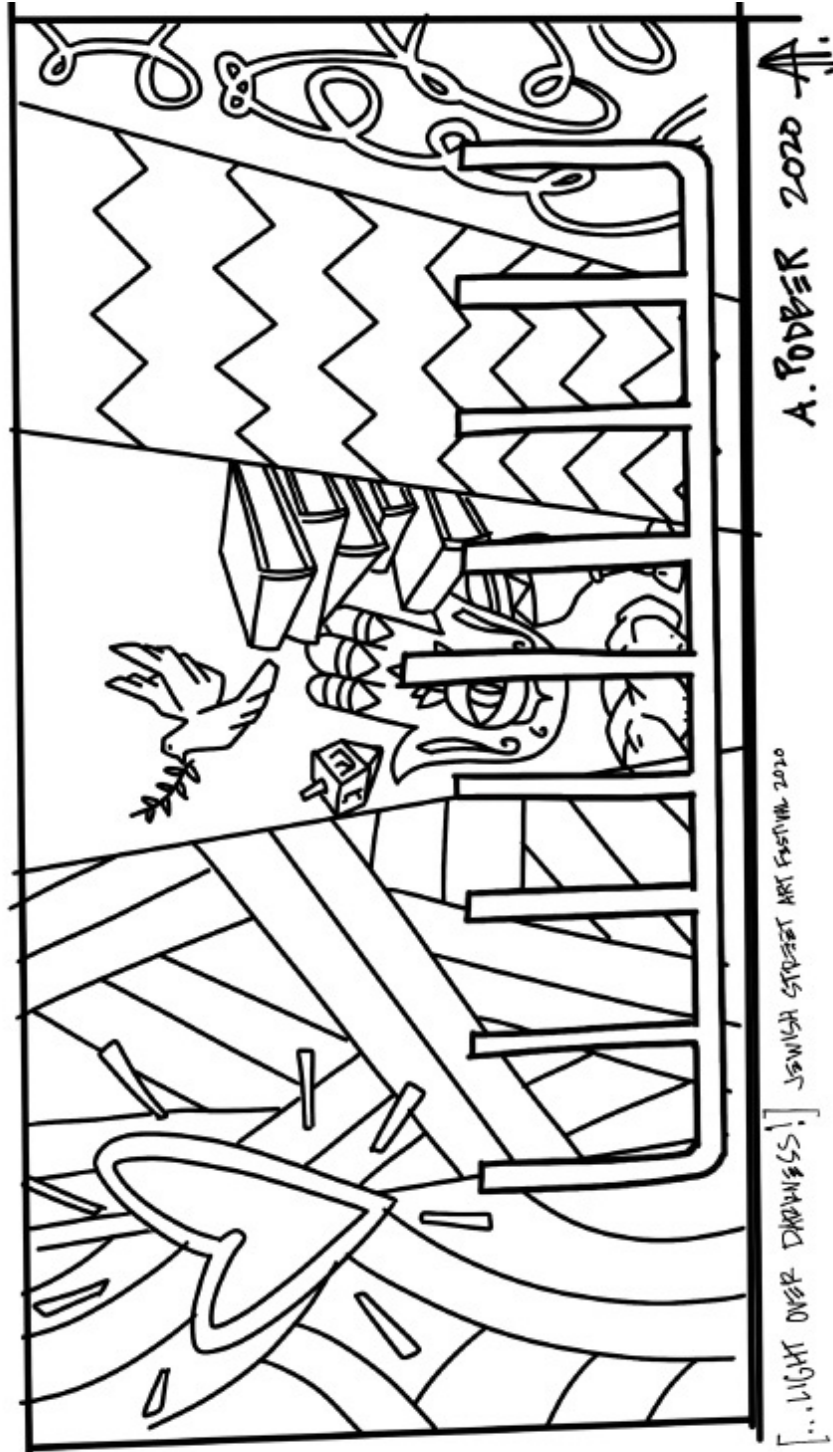
The 2020 Jewish Street Art Festival (jewishstreetart.com) was reimagined as a decentralized art event in which nine Jewish artists created a public art piece in their own city. Each artist or artist team painted a Hanukkah menorah, linking the eight participating cities through North America. This mural lives on the side of the Selig Center, which houses the Jewish Federation of Greater Atlanta.

About the Artist

Born, raised and operating out of Atlanta with a Bachelor of Arts in industrial design from Savannah College of Art and Design, Adam Podner grew up creating art. After several years of welding in a custom lighting and furniture shop, he has transitioned into a full-time artist and muralist. Learn more at adampodberart.com

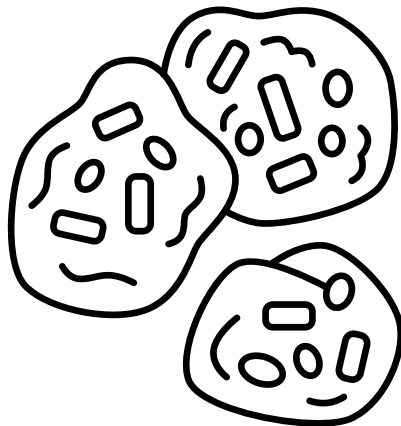
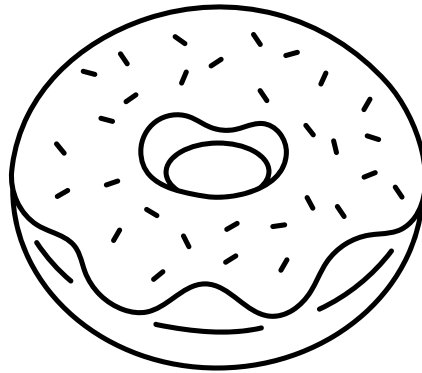
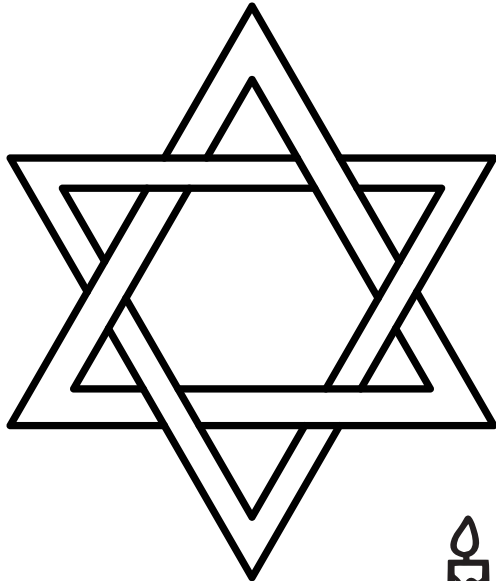


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FREE DRAWING
