



## **ADAC ANNOUNCES WELLNESS DAY 2025: A TRANSFORMATIVE EXPERIENCE AT THE INTERSECTION OF DESIGN, WELL-BEING, & NEUROAESTHETICS**

**ATLANTA:** Atlanta Decorative Arts Center (ADAC) is proud to announce *Wellness in Design* at ADAC, an immersive, all-day event set for **Wednesday, June 4, from 8:30 a.m. to 4:30 p.m.** This groundbreaking gathering is designed exclusively for the trade and explores the powerful intersection of wellness, design, and neuroaesthetics – the science of how our surroundings impact emotional and cognitive health.

Throughout the day, attendees will engage with renowned designers, thought leaders, and wellness experts through transformative presentations, hands-on sessions, and sensory experiences. Events will take place throughout ADAC's campus in the Designer Lounge, presentation room and select showrooms. From sound bath meditations and color theory to biophilic design and mindful eating, *Wellness in Design* will provide inspiring, real-world tools to help designers create spaces that nourish the mind, body, and soul. Tickets are \$50 and can be purchased [here](#). Space is limited to 75.

"*Wellness in Design* at ADAC is more than just a day of programming, it's a call to action for our design community to lead with mindful intention and purpose," says Katie Miner, General Manager of ADAC. "By exploring how spaces influence our physical and emotional well-being, we're empowering designers to create environments that support connection, joy, and healthy living. We're proud to host a day that brings together such meaningful dialogue, creativity, and innovation."

The full schedule of events is as follows:

### **8:30 – 9:00 a.m.**

*Welcome & Light Breakfast*

Fuel up and connect with fellow attendees over a light breakfast to kick off the day.

*Sponsored by Benjamin Moore*

### **9:15 – 9:45 a.m.**

*Sound Bath Meditation: A Centering Experience to Begin*

Start the *Wellness in Design* journey with a calming Sound Bath Meditation with Chelsea Szegidewicz, designed to ground your senses and awaken your mind for the day ahead. This immersive experience will use sound vibrations to promote deep relaxation and mental clarity, setting a mindful tone for exploring the connection between wellness, design, and neuroaesthetics.

*Sponsored by Benjamin Moore*

### **10:00 – 10:45 a.m.**

*Ode to Color with Lori Weitzner | CEU 0.1*

In this presentation internationally renowned textile designer Lori Weitzner provides a rich, layered perspective on the use and significance of color in our world, including guidelines for putting that color knowledge to practical use in interior design. Each of its ten thematic chapters is an immersion into a distinct palette, exploring it through a diverse selection of imagery; excerpts from poetry, fiction, and children's literature; cultural anecdotes; and personal stories and essays. Including insight on how color affects our moods, how it engages the senses, and how to use it to enhance where we live and work, this experiential course captivates, inspires, and informs throughout. Weitzner will demonstrate the immersive nature of color through other senses including sound, smell and touch.

*Sponsored by Samuel & Sons*

### **11:00 – 11:45 a.m.**

*Hands-On Activities at Samuel & Sons with Lori Weitzner*

Continue the color conversation with an interactive showroom experience featuring Samuel & Sons' exquisite trim collections.

*Sponsored by Samuel & Sons*

### **12:00 – 1:30 p.m.**

*Good and Good for You™ with Chef Virginia Willis*

Renowned French-trained Southern chef and James Beard Award-winning cookbook author, Virginia Willis, brings her wisdom to an

empowering wellness session rooted in her real-life transformation journey. Once facing serious health challenges brought on by the demands of a high-stress lifestyle, Willis took control of her well-being – losing over 65 pounds and maintaining it for more than four years. In this engaging presentation, Willis will share her Good and Good for You™ approach to healthy living. Attendees will gain practical tips for balanced eating, doable stress-reduction strategies, and powerful mindset tools to support lasting change. A live cooking demo, light lunch, and a book signing of Willis' beloved cookbook, "BON APPÉTIT, Y'ALL" will follow.

*Sponsored by Design Galleria Kitchen and Bath Studio*

**1:45 – 2:30 p.m.**

*Wellness & the Mind-Body Connection: Designing for Healing and Well-Being*

Join LUXE Interiors + Design Executive Director of Editorial + Brand Content Kathryn Given in a conversation with Marie Cloud, Founder & Principal Designer of Indigo Pruitt Design Studio, and Nicole Baxter, interior designer at nBaxter Design, construction coach, and creator of the *Neuroaesthetics of Home* theory. Together, they'll explore how intentional design choices can foster emotional well-being, resilience, and connection – highlighting the powerful role environments play in healing the mind and body.

*Sponsored by LUXE Interiors + Design*

**2:45 – 3:30 p.m.**

*The Neuroaesthetics Healing Journey with Lisa Staprans*

Award-winning designer Lisa Staprans delivers an inspiring and visually rich presentation exploring *The Neuroaesthetics Healing Journey* – a powerful intersection of design, neuroscience, and wellness. In this thought-provoking session, Staprans will introduce the concept of NeuroBeauty, the intentional creation of environments that soothe, inspire, and heal through the principles of neuroaesthetics and biophilic design. Learn how surroundings deeply affect the nervous systems and emotional well-being, and discover how to cultivate harmony, connection, and beauty within a space.

**3:30 – 4:00 p.m.**

*Book Signing: The Soul of Design by Lisa Staprans*

Attendees can meet Staprans and receive signed copies of her book, a deep dive into her philosophy of creating with beauty and intention.

**3:45 – 4:30 p.m.**

*Mindful Mixology Mocktail Tasting*

Close the day with a curated tasting of zero-proof beverages crafted to engage the senses and encourage reflection and connection.

*Wellness in Design* at ADAC is sponsored by ADAC, Benjamin Moore, Design Galleria Kitchen and Bath Studio, LUXE Interiors + Design, and Samuel & Sons. This event is open to trade only.

For more information and to purchase tickets, visit: [adacatlanta.com/events/wellness-in-design-at-adac](https://adacatlanta.com/events/wellness-in-design-at-adac)

Images and interviews with the ADAC team are available upon request.

**ABOUT ADAC:** Built more than 60 years ago by renowned architect and developer John Portman in the prestigious Buckhead community of Atlanta, ADAC (Atlanta Decorative Arts Center) is a community-focused, nationally recognized leader in the world of interior design and home fashion, serving as the essential one-stop shopping resource for interior designers, architects, and builders. In November 2018, ADAC was acquired by ANDMORE<sup>SM</sup> and parent company Blackstone, the world's largest operator of premier showroom space for the furnishings, home décor, and gift industries. The ADAC campus consists of ADAC and ADAC WEST, two restaurants The Hungry Peach and KR Steakbar, and more than 550,000 square feet featuring over 40 design studios and more than 65 showrooms offering over 1,500 of the industry's finest product lines, including furniture, fabric, rugs, lighting, accessories, floor and wall coverings, antiques, fine art and framing, kitchens, bath, tile, and stone, and home theater products. Likewise, ADAC's extensive services include custom designs such as framing, electronic systems, and kitchen cabinetry. To learn more about ADAC + ADAC West, visit: [adacatlanta.com](https://adacatlanta.com).

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