

## Calendar of Events

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May 3, 2026

**Art Heals**  
**Capitol View Library**  
**5001**  
**Washington, DC 20019**  
02:00 PM - 04:00 PM EST

*Art Heals is a Mental Health Awareness Month community event designed to create a safe, welcoming space where participants can explore emotional wellness through creative expression. Hosted by Alpha Kappa Alpha Sorority, Incorporated® – Xi Zeta Omega Chapter, this program aligns with our commitment to supporting holistic community well-being and reducing the stigma surrounding mental health.*

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*This experience uses art and mindful movement as accessible tools for reflection, stress relief, and connection. Rather than a clinical or lecture-style program, the event centers on hands-on, self-paced activities that allow participants to express emotions, reset mentally, and engage in gentle wellness practices — no artistic or fitness experience required.*

May 16, 2026

**Pilates & Politics**  
11:00 AM - 12:30 PM EST

*We welcome you to a youth-focused event titled Pilates and Politics, scheduled for May 16, 2026. The activity is designed to engage high school students and may be shared with a broader student audience beyond a specific program.*

*This youth-led experience blends a Pilates session with an interactive discussion exploring how policies and politics influence Washington, D.C.'s past, present, and future, particularly in the context of upcoming elections. The event is intended for young people ages 14–17, with registration available online.*