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**Artist to Speak about Art and Recovery**

**Lincoln**—A peer support and wellness specialist will talk about art and his recovery on Tuesday, April 2, at the Lincoln Regional Center, Folsom and W. Prospector, in Lincoln. The talk will start at 9:30 a.m. in the lobby of the Administration Building.

John D. Friday works at Safe Harbor in Omaha, which is a peer-run hospital diversion program. Peer support and wellness specialists work with others who have behavioral health issues to help them achieve recovery.

Friday's medium is watercolor. He said he uses his art to "draw out the poison of my mental injury, and heal the interior wounds left by my traumatic encounters. Through the use of color, I want the viewer to experience vicariously the emotions I experienced directly."

Four of his paintings will be on display for the month of April. The art exhibit is open to the public from 8:30 a.m. to 4:00 p.m. Monday through Friday. Every month a new Artist of the Arboretum will be featured at the Lincoln Regional Center.