



i'm okay you're okay

CURATORS

Maggie Preston and Whit Missildine

CONTACT INFO

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PARTICIPATING ARTISTS

Becca Albee, Michelle Blade, Beth Cook, Lori Gordon, Mark Lee Morris, Ashley Neese, Melissa Wyman, Christine Wong Yap

DATES AND LOCATION

Opening reception: Friday, October 12th, 6-8 pm
Exhibition on view: October 13th - 25th
Gallery hours: Monday, Tuesday, Friday & Saturday 12-3 pm

PLAySPACE Gallery
California College of the Arts
1111 Eighth Street
San Francisco, CA 94107

DESCRIPTION OF THE SHOW

Taking on the contradictory messages of a culture saturated by theories of optimal living, this collection of local and far flung artists generates distinctive remedies for the trials of love, alienation, lethargy, and self-esteem. Be it through shame-erasing machines, beauty tips, homemade work out videos, trust falls, fight therapy sessions, affirmational sign holdings, instructional postcards, or employment history graphs, this exhibition offers a window into the netherworld of self help with its feet firmly in the art of practice.