

Artist Hopes Artwork Inspires Women to Prioritize Self-Care

For Fishers, Ind. artist Judy Mintze, art is a way to take care of herself. She hopes her artwork featured on products at Meijer during Women's History Month inspires women to prioritize self-care.

Judy's artwork features a hat, symbolizing the many roles and responsibilities many women juggle throughout their lives.

"Even though we have all these roles and hats that we're wearing, we need to take care of ourselves," Judy said. "We need to set aside some time just to do something fun, whether painting, knitting, traveling or doing something just for you. When your heart is happy, then you're happy, and it affects your emotional, mental and physical being."

Judy, from Fishers, Indiana, had a successful 30-year career in human resources. The self-taught artist can trace her love of art back to high school, but she didn't start painting until her son joined the military about 15 years ago. Art became a stress reliever and a way to deal with her worries about her son during his service. Soon she began exhibiting and selling her artwork online. Her clients tell her how much her artwork brightens their days and send photos of pieces hanging in their homes or offices.

Judy loves floating between painting abstracts and detailed portraits. She finds that making time to be creative improves the quality of her life and overall well-being. She encourages other women to find time to do the things that bring them joy.

In celebration of Women's History Month in March, we launched a special collection of products featuring the work of Judy and two other Midwestern women artists whose products will be in every Meijer supercenter. The collection includes their paintings and digital art printed on stationery, gift bags, canvas tote bags, key rings, kitchen towels and decorative boxes. The limited-edition products are available in all Meijer supercenters while supplies last through April 1.

In addition to being excited to share her art on such a large platform, this collection's philanthropic component is especially important for Judy. Meijer will donate 5 percent of the sales generated from the Women's History Month art collection to the American Heart Association's Life is Why Campaign in the artists' states to help support initiatives like the [Go Red for Women](#) Campaign – an American Heart Association initiative focused on driving awareness of heart health amongst women. Go Red for Women is the American Heart Association's signature women's initiative, aiming to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally. The American Heart Association says cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year.

"It's a great opportunity to have my art exposed to the world, but on a personal note, I'm really happy that a portion of the proceeds will benefit the American Heart Association," said Judy, who lost her sister to heart disease last year.

You can learn more about all three of our featured Women's History Month Artists [here](#).

Additional assets available online: [Photos](#) ⁽³⁾

<https://meijercommunity.com/Artist-Hopes-Artwork-Inspires-Women-to-Prioritize-Self-Care>