

be Still

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Above Water

Vania Arboleda

Nova Southeastern University College of Osteopathic Medicine, va378@mynsu.nova.edu

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After a trial and error period, I understood that **balance** is not about absolute control but of continuous inspiration.

ABOVE WATER represents my balancing act during my first year in medical school while going through the Covid-19 pandemic. It has been hard not to lose pieces of myself in these tumultuous times, especially when there is so much to learn and so little time. I turned to my loved ones to bring me light and joy. To be those shades of color that I had lost. This painting reminds me why I got here and why I get to stay here. As my first year ends, I feel I am not swimming against the current but enjoying the colorful sea.

ARTIST STATEMENT: VANIA ARBOLEDA



ABOVE WATER

- ➤ Vania Arboleda, a first year medical student who believes that:
- " Medicine is the art of creating new ways to heal

▶ the body and the mind."

ABOUT THE ARTIST: VANIA ARBOLEDA.