



ALBANY MUSEUM OF ART

FOR IMMEDIATE RELEASE

Contact: Jim Hendricks
Director of Marketing & Public Relations
(229) 439-8400
jim.hendricks@albanymuseum.com

ONCOLOGIST'S AMA EXHIBIT RAISES CANCER AWARENESS

Works by Dr. Jose Tongol Will Be on Display Through the End of June

[For Release June 13, 2019 – Albany, GA] — When it comes to good health, art can play a role.

Creating art is one of the ways an individual can help control stress that can have serious health implications, says Dr. Jose Tongol, a physician at Phoebe Putney Memorial Hospital who is board certified in medical oncology, hematology and internal medicine.

Art is one of the creative avenues Tongol uses. An exhibition of his work, *Inspiring Wellness Through the Arts*, is on display in the Hodges Regional Sales Gallery at the Albany Museum of Art. It is scheduled to show through the end of June. Admission to the AMA and its galleries is free.

The exhibition consists of “some of my artwork, basically pencil drawings,” Tongol said. He was inspired to take up drawing after taking a drawing workshop at the AMA.

His exhibition comes at an especially appropriate time. June is National Cancer Survivors Month. Sales of his artwork will benefit the Gloria Tongol Cancer Wellness Fund, with a portion going to the Albany Museum of Art. Tongol, whose wife is a cancer survivor, named the foundation for his mother, who died from lung cancer.

A showcase of artwork, poetry, songs and stories by Tongol is set for **5-7 pm Saturday, June 15, 2019** at the AMA. Sponsored by Phoebe Foundation, the event benefits the Gloria Tongol Cancer Wellness Fund. Saturday also is the last opportunity to see three exhibitions currently showing at the AMA; *Memory and Meaning*, works by Masud Olufani; *Undercurrents*, works by Jerushia Graham, and *Ghost Yonder Moonscape*, works by Zipporah Thompson.

In addition to his artwork, the doctor is well known for his musical performances locally with his band, the Yo-Yos. His exhibition at the AMA also includes some books he has compiled of his drawings and poetry.

Noting his brother is a photographer, Tongol said a love for the arts runs deep in his family. "I mix well" with the art community, he said.

The Gloria Tongol Cancer Wellness Fund teaches cancer survivors "how to take care of themselves," including reducing stress through activities like artwork, yoga and meditation, the doctor said.

Abstaining from tobacco and limiting alcohol consumption are critical, but there are other important ways to reduce your risk of cancer, Tongol said.

"The best things you can do are maintain your weight, exercise, eat properly and, most importantly, control stress," he said. "Stress causes everything. Your immunity is messed up when you're not taking care of yourself. When you're stressed out, your immunity falls down and then a lot of things happen with your body."

CURRENT AMA EXHIBITIONS

- *Memory and Meaning*, works by Masud Olufani, is in the Haley Gallery through June 15, 2019;
- *Undercurrents*, works by Jerushia Graham, is in the East Gallery through June 15, 2019;
- *Ghost Yonder Moonscape*, works by Zipporah Camille Thompson, is in the West Gallery through June 15, 2019;
- *Inspiring Wellness Through the Arts*, works by Dr. Jose Tongol, is in the Hodges Regional Gallery through June 30, 2019.

ABOUT THE ALBANY MUSEUM OF ART

The Albany Museum of Art, located in Albany, Georgia, adjacent to Albany State University West Campus just off Gillionville Road is accredited by the American Alliance of Museums. The Albany Museum of Art is open 10 am through 5 pm Tuesdays through Fridays and noon until 5 pm on Saturdays. Admission is free.

For more information about the AMA please visit our website, www.albanymuseum.com or call 229.439.8400. Follow @AlbanyArtMuseum on Twitter and AlbanyMuseum of Instagram.

###