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World Services leads Russian delegation to Compassion Project

LA CROSSE, Wis. — World Services of La Crosse expects that a group of Russian health care providers it's hosting in La Crosse this week will return home with more than new tools for improving cancer care. They'll also be returning with a new tool for promoting compassion, which brings its own health benefits.

World Services led the delegation to the Pump House today to see the La Crosse Compassion Project firsthand. The La Crosse Compassion Project is an exhibit of 6,000 art pieces created by La Crosse school students depicting what compassion means to them. Encouraged by the La Crosse Dubna Sister City group, 50 of the pieces on display here were created by students in Dubna, Russia.

The project aspires to teach the practice of compassion through the use of art and writing. It was inspired by Richard Davidson, a University of Wisconsin-Madison psychology and psychiatry professor and brain researcher whose research demonstrates that those who practice compassion have measurably healthier brains and happier outlooks on life.

The delegates viewed the finished project as part of an effort to replicate the exhibit in Dubna as a collaboration between the two sister city groups. Organized by the Dubna Art School, the Russian exhibit will also feature works from students in La Crosse.

World Services of La Crosse, Inc., is a La Crosse-based nonprofit organization that develops and implements international partnerships designed to advance health, civil society, public administration and the environment and to promote peace and mutual understanding in countries throughout the world.

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