

NEWS RELEASE

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FOR IMMEDIATE RELEASE

Houston Ballet Star Lauren Anderson Advocates for Addiction Recovery through Luncheon Address and Stage Play

HOUSTON, Texas (Oct. 10, 2022) – Houston Ballet star Lauren Anderson is promoting awareness about the power of artistic expression in recovery from substance use disorders at two major events in Houston this fall. She will appear as keynote speaker at The Council on Recovery’s Fall Luncheon on October 21, 2022, and is the subject of a new play at Stages Houston, “Plumshuga: The Rise of Lauren Anderson,” from October 13 to November 13.

“Dance has been my therapy for my entire life,” Anderson says. “Dance has kept me from going too far over the edge, and always brings me back. I didn’t realize that until I got sober.”

A native Houstonian, Anderson joined Houston Ballet in 1983 and in 1990 became the first African-American to be promoted to principal dancer at Houston Ballet. At the time, she was one of the few African-American ballerinas at the head of a major ballet company anywhere in the world. Anderson danced with Houston Ballet until 2006, performing leading roles in all the great classical ballets.

Despite her success, Anderson struggled with addiction for years, nearly losing everything. With more than 13 years of recovery, she is a passionate champion for others in search of recovery, particularly mothers and parents. “It’s so important to share recovery stories like mine,” says Anderson. “Once you know that you’re not by yourself in this experience, you can get out.”

Now, Anderson is bringing awareness to the healing power of art and expression to aid in recovery from substance use disorders. On October 21, Anderson will join the ranks of celebrities like Rob Lowe, Jamie Lee Curtis and Danny Trejo to give the keynote address at The Council’s beloved biannual luncheon event.

“The Council’s annual speaker series not only helps to raise vital funds for our mission, it also lets people know it’s okay to have this disease,” says Mary H. Beck, LMSW, CAI, President and CEO of The Council. “Lauren’s story goes even further in letting people know there is a full and vibrant life possible in recovery.”

The Council on Recovery is now accepting corporate and organizational sponsorships and donations for the Fall Luncheon, as well as sales of individual tables at the event. For more information or to purchase a table, contact us at specialevents@councilonrecovery.org or call 281.200.9336.

In addition to her luncheon address, she is also telling her story through the medium of theatre at Stages Houston, with "Plumshuga: The Rise of Lauren Anderson." This innovative new work blends spoken word, dance, music, and theater for a vivid and intimate look into her rise to ballet royalty. To learn more or purchase tickets, visit stageshouston.com.

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About The Council on Recovery: Founded in 1946, The Council on Recovery is Houston's oldest and largest non-profit organization providing the full spectrum of prevention, education, intervention, treatment, and recovery services for individuals of all ages. The Council on Recovery is committed to helping Houston overcome the addiction epidemic through a focus on family healing and long-term support that is equally accessible to all in need. Directly touching over 50,000 lives each year through prevention programs for children and youth, in-school and clinical counseling for teens, outpatient substance abuse treatment for adults, and more, our mission is to provide the highest quality of care at affordable rates for individuals and their families. Affiliated with the United Way of Greater Houston, The Council receives funding from private contributions and grants, special events, and program fees. For more information, visit www.councilonrecovery.org.