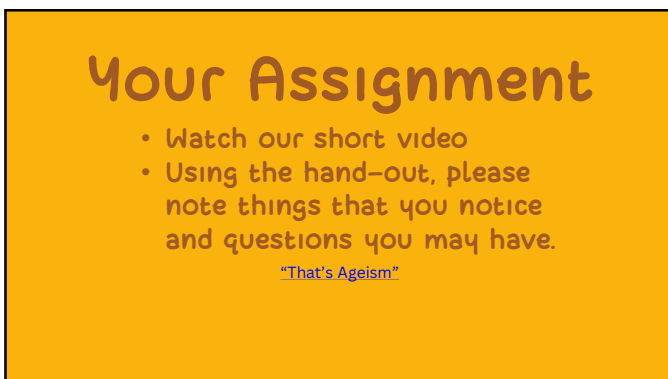




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The Creative Aging Institute, 6 quality art-making workshops Free to participants

Workshops are 8 sessions. Each workshop focused on a specific medium and included history, context as well as time for art making. Taught by local artists, each session was also an opportunity for enriching social connections.

7



The Why

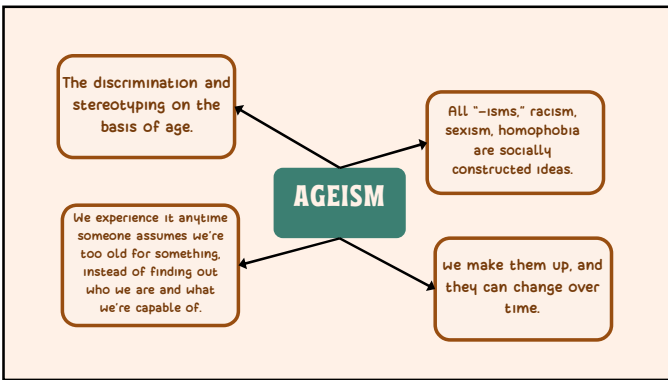
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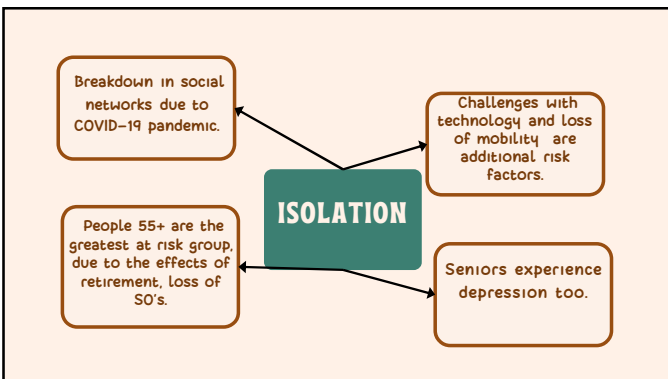
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Creating can change your brain.

American Journal of Public Health | April 2, February 2010
The Connection Between Art, Healing, and Public Health: A Review of Current Literature
Heather L. StuckeyDEd, and Jeremy NobelMD, MPH

Over the past decade, health psychologists have cautiously begun looking at how the arts might be used in a variety of ways to heal emotional injuries, increase understanding of oneself and others, develop a capacity for self-reflection, reduce symptoms, and alter behaviors and thinking patterns. Given the ubiquity of creative expression, as well as the relative ease of engagement, the extent to which psychological and physiological effects are sustainably health enhancing is an important area for public health investigation.



13

What is Anti-AGING?

Remember...
People are working and living longer.

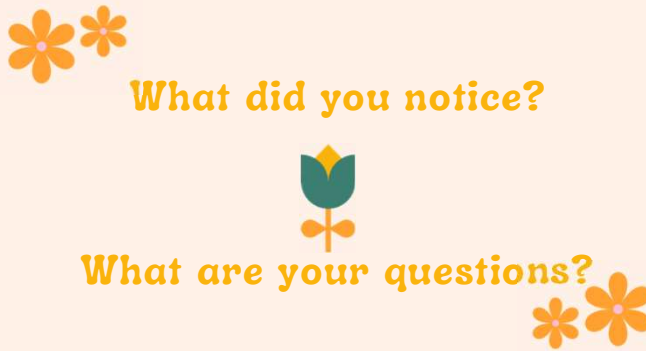


Remember
Older adults are curious, active and engaged participants.

Remember
Cultural professionals have unique opportunities to challenge prevalent negative stereotypes

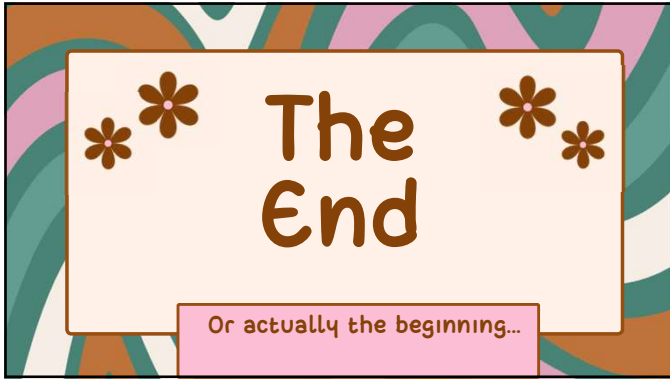
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What did you notice?



What are your questions?

15



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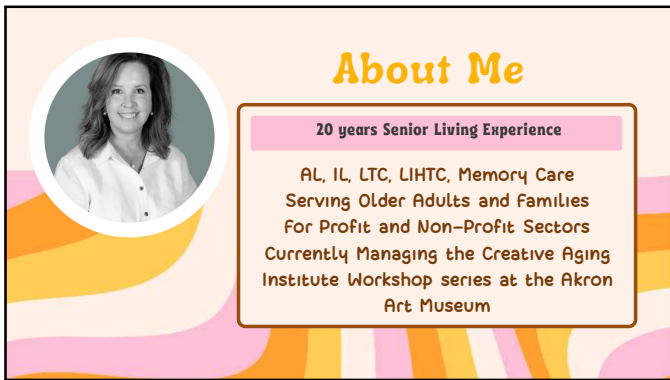
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