



Have fun, make friends, gain skills, (and help us test a new program)!

Martin's Point Health Care is piloting the Successful Aging Creativity Circle* program to help older adults manage age-related challenges, make new friends, build resilience, keep the brain and body healthy, and manage stress.

WHAT IS A CREATIVITY CIRCLE?

Over **eight** weekly online sessions, a facilitator guides a small group (10-12 members) using creative activities to encourage reflection and conversation:

- **Mindfulness:** Breathing/relaxation exercises and guided visualization
- **Creative Expression (no experience needed!):** Drawing/collage, poetry, writing, creative movement
- **Social Learning:** Sharing experiences and advice, discussing challenges and successes

Participants share their experiences with the aging process and gain skills to feel more connected with themselves and others.

*The Successful Aging Creativity Circle is a program from The UnLonely Project, the signature initiative of the Foundation for Art & Healing (FAH). FAH was founded by Dr. Jeremy Nobel, MD, MPH. Learn more online at ArtAndHealing.org.

Join Our *Online* Creativity Circle!

WHEN

Thursdays, 10-11 am,
February 18th - April 8th
(8 sessions)

WHERE

Zoom (a link will be provided
by the facilitator)

The online program is free and
includes all needed supplies.

**For more information, email
Community@MartinsPoint.org**



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HEALTH CARE