

Art Therapy



Fourth Friday of Each Month

10:30 a.m. to 12 p.m.

Wood County Senior Center

305 North Main St., Bowling Green

Cost: \$10/person

Sample Project

This group is led by Art Therapist Areka Foster and is designed for individuals with early to moderate memory loss.

Art therapy can be very beneficial for older adults living with memory loss, as well as those who need to manage stress or pain.

This is a targeted use of painting and other activities to help keep the mind sharp and promote dexterity in a setting that is fun, casual and social. Artistic interests can become a cherished hobby, and each session is an opportunity to reap the rewards of this interesting form of therapy. Remaining creative can improve quality of life and wellbeing. If you're new to art or if you have been creating your whole life, please join us! It is recommended to wear old clothes.

Visit our monthly newsletter to find out more about this months project!

**WOOD COUNTY
COMMITTEE**

ON
Ageing

**Register for this class by calling the
Wood County Senior Center at 419.353.5661
or 1.800.367.4935 or
email programs@wcco.net**

We're just a mouse-click away at:

www.wcco.net