

Expressive Arts

Creating art can be relaxing and studies show just creating for 20 minutes can reduce stress. It's not necessary to be a gifted or serious artist, no artistic ability required. Get into the flow and become immersed in the art making process as you're guided step by step to create your own masterpiece. The Alzheimer Society of Perth County is partnering with Kind-hearted Studio to provide Expressive Art classes for those living with Alzheimer's disease and other dementias and their care partners.

UPCOMING SESSIONS

Wednesday, October 2, 2019 1:00-3:00pm
Kind-Hearted Studios, Stratford

Friday, October 18, 2019 1:00-3:00pm
Friendship Centre, St. Mary's

Wednesday, November 6, 2019 1:00-3:00pm
Ritz Manor, Mitchell

Wednesday, January 8, 2020 1:00-3:00pm
Kind-Hearted Studios, Stratford

Friday, February 14, 2020 1:00-3:00pm
Trillium Mutual Insurance Building, Listowel

No charge for
registration,
donations appreciated

Pre-registration is required,
please contact Pamela Balfour
519-271-1910

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