

Arts - Just for the Health of It!

Studies show that the Arts provide enormous benefits to our physical, mental and emotional health and wellness. Engagement in the Arts raises self-esteem and confidence, assists in relieving anxiety and depression, and provides a social outlet and connection with others. Many art forms help strengthen cognitive abilities and memory, as we focus and learn new skills. Dexterity, agility, balance and coordination are also enhanced. Creative thinking encourages new ways of looking at situations and may improve coping skills. The Arts may also trigger comforting memories and feelings, or allow the safe expression of emotions that might otherwise be internalized.

*Rhythm Connection
Drum Circle*

Heart of Little Hawk

*Dancing Through
The Ages*

Papermaking

Maskmaking

Pottery

HOTMINUS

*PUSH Physical
Theatre*

Yoga

Circus Sisters

Poetry

Creative Writing

Murals

Improvisation

*Slam Dunk
Positive Choices*

Island Breeze

*Dr. Music
Confidence Concert*

The Speech Doctor Is In!

Bringing the Arts to a hospital or assisted care setting has been shown to benefit not only patients, but staff as well. Art programs are emotionally uplifting, tension relieving, mentally stimulating, and they improve morale. For chronic care patients, the Arts reduce social isolation and offer an improvement in quality of life.

Special needs children respond in amazing ways to many types of art programs - performing as well as visual. Our artists find working with these children to be some of their most rewarding experiences.

The effects of the Arts on at-risk children are very positive, contributing to both academic achievement and social behavior. The Arts enable children to find constructive outlets for emotions and fears, try new things without fear of failure or ridicule, experience a sense of accomplishment and satisfaction, learn to respect both the artists and their peers, and discover talents or interests of which they were unaware.

Research indicates that Eudaimonic Wellbeing - which results from having purposeful involvement in life, continued personal growth, high self-esteem, positive relationships and the sense of control or mastery over one's environment - contributes to improved levels of physical and mental health. Visual and Performing Arts provide the opportunity to experience all of these criteria for a healthier lifestyle, and so much more. Above all, the Arts are a release - freedom from constriction



in a structured, stress-filled, hurried world - a safe place to let go, experience, enjoy and simply relax!

Call us to discuss how our programs can benefit your health & wellness needs.