Wayzata, MN (September 29, 2014) - On October 10, ArtSage will present a FREE "Introduction to Arts and Aging" workshop at Open Book in Minneapolis. This half-day workshop is created specifically for artists, arts organization staff, senior serving community staff members, older adults, caregivers and anyone interested in the growing field of arts and aging.

The workshop will be taught by nationally-recognized teaching artists and experts Jeanie Brindley-Barnett from MacPhail School of Music, Jane Tygesson of Opening Doors to Memory, and Andrea Lewandowski of Ebenzer. The workshop will be held at Open Book in Minneapolis on Friday, October 10, 2014 from 8:30 – 11:30 AM.

Sessions will include: Myths of Aging, the Aging Brain, and the History of the Arts & Aging Movement, and ArtSage staff and master trainers will be on hand, offering best practices for planning and implementing creative arts activities with older adults. The workshop is for artists, caregivers and family members, senior-serving organization staff, and all those who wish to learn more about the emerging field of arts and aging.

THE ARTS AND HEALTHY AGING

Groundbreaking research documented by Dr. Gene Cohen, author of The Creative Age: Awakening Human Potential in the Second Half of Life, found a direct link between creative expression and healthy aging. Cohen found that older people who are involved in creating art, music, theater and other artistic forms feel better, remain more independent, and live more meaningful lives. He also proved through longitudinal studies that older adults who engaged in arts activities reduced the need for medications and lowered their health care costs.

Using this research, ArtSage, a Minnesota nonprofit, is working to ensure that older adults participate in arts and creative activities in order to remain vital, healthy and engaged in living.

ArtSage provides training for teaching artists who wish to work with older adults, consulting services for organizations and senior facilities that help them to provide quality arts programming for their residents, and resources such as SageConnect, a database to connect those working in the field of arts and aging.
SPACE IS LIMITED AND REGISTRATION IS REQUIRED. To register for the workshop, please visit the ArtSage website: www.artsagemn.org/10-2014-workshop-registration.

For more information about this Intro to Arts & Aging workshop, please contact: Megan@artsagemn.org or visit www.artsagemn.org.

Workshop Site Location and Time
Friday, October 10
8:30 - 11:30 AM
Open Book
1011 South Washington Avenue
Minneapolis, MN 55415
(612) 215-2650

###

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board and the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

About ArtSage:
ArtSage is a connector, convener and catalyst for the field of arts and aging. A Minnesota-based nonprofit, ArtSage provides training programs, consulting services, and arts and aging resources.

Learn more at: www.artsagemn.org.