



## ART for Alzheimer's

**Free new programs from the Alzheimer's Association and Mill Street Loft using art and movement for restoration and relaxation.**

Presenting enjoyable new ways to explore the creative side, with help from the artists of Mill Street Loft, a multi-arts center dedicated to bringing creative and enriching art experiences to individuals and audiences throughout the Hudson Valley. Expressive sessions are designed for those in early-stage Alzheimer's and who may be losing their ability to communicate with speech, and for respite activities for caregivers. One-hour long sessions are focused on failure-free and creative activities – with **no experience necessary**, are **free\*** of charge, and will be held in Poughkeepsie.

**Therapeutic art** lifts one's spirits, relaxes and renews, creates a sense of accomplishment, and stimulates neurological pathways from the brain and hand.

Sessions will be conducted by artist and art therapist, and SUNY Art faculty member, *Nina Tantillo Elton*.

**Therapeutic yoga** creates a stress-free experience which relaxes and restores the body and mind.

Session will be conducted by art therapist, and practitioner of Sivananda and Kripalu yoga, *Theresa Pelligrini*.

**Treat yourself and your loved one to these new approaches!**

**Restore and Renew with Yoga – Wednesday, October 6 from 11am – 12 noon**

**Restore and Renew with Art – Wednesday, November 3 from 11am – 12 noon**

**Relaxation with Paint - Saturdays, November 6 and 20, from 11am – 12:30pm**

**Drawing on the Right Side of the Brain\* - Thursdays, October-December from 6-8pm**

*\*Drawing on the Right Side of the Brain is a fee-based series*

There will be a limited number of spaces available.

Please contact us at **845-471-2655** or Mill Street Loft at **845-471-7477** for more information

***Sponsored in part by the Community Foundation***

**alzheimer's  association™**

Hudson Valley/Rockland/Westchester, NY Chapter