

# Artsy Aging



*Avoid Covid Blues by engaging in  
Art Therapy Sessions*

- *Improve Dexterity*
- *Improve Motor Skills*
- *Relieve Stress through  
Art and Painting*

*Wednesdays  
11am - 12noon*

*Start Date:  
May 19th 2021 - March 2022*

*IFT Seniors Zoom Program Link:*

<https://us02web.zoom.us/j/86438437796?pwd=RUFyVFJZN08zWi9BQ2VIU1UxTIYwZz09>

*Registered seniors will receive an Art Therapy Kit  
Funded by New Horizons For Seniors*



**Canada**