

Creative Mind Workshops

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Lian Sawires is the founder of **Excited About Aging**, a web-hub where senior artists and athletes share their stories and connect with seniors: www.facebook.com/excitedaboutaging

Did you Know doing *Anything* creative is good for your Brain?

Let Creativity Toolbox Developer Lian Sawires stimulate the minds of your Seniors with broad-based creativity workshops, rich with enlivening, enjoyable, brain-boosting activities.

Creative activities in and of themselves are extremely beneficial for the aging mind. Similar programs, geared specifically for Alzheimer's patients have shown that imagination is an entry-way that allows for self-



expression in many individuals, when normal channels of communication have become frustrating and restricted by the disease.

Seniors feel engaged and welcomed to participate in this workshop. The program provides social interaction,

self directed choices; use of the imagination, validation and light enjoyable activity. Finally, it presents these benefits within a broad, but structured framework. The workshop uses a “talking stick,” allowing each person to speak without being interrupted, and all imaginative content is woven into a group story, so that all feel heard and seen.

Activities may include:

- Weaving a magical story together:
- Group Story and collage based on a shared photograph
- Elder wisdom council, using talking stick and thoughtful questions
- Reading of poems written by and for seniors, with topical discussion
- Reminiscence games

Contact me directly at Liansawires@gmail.com for questions or to arrange a Creative Mind Workshop