



## Have fun, make friends, gain skills, (and help us test a new program)!

Martin's Point Health Care is piloting the Successful Aging Creativity Circle\* program to help older adults manage age-related challenges, make new friends, build resilience, keep the brain and body healthy, and manage stress.

### WHAT IS A CREATIVITY CIRCLE?

Over seven weekly sessions, a facilitator guides a small group (10-12 members) using creative activities to encourage reflection and conversation:

- **Mindfulness:** Breathing/relaxation exercises and guided visualization
- **Creative Expression (no experience needed!):** Drawing/collage, poetry, writing, creative movement
- **Social Learning:** Sharing experiences and advice, discussing challenges and successes

Participants share their experiences with the aging process and gain skills to feel more connected with themselves and others.

\*The Successful Aging Creativity Circle is a program from The UnLonely Project, the signature initiative of the Foundation for Art & Healing (FAH). FAH was founded by Dr. Jeremy Nobel, MD, MPH. Learn more online at [ArtAndHealing.org](http://ArtAndHealing.org).

# Join Our Creativity Circle!

## WHEN

Wednesdays, 8:30–10 am,  
March 18 – April 29 (7 sessions)

## WHERE

Martin's Point Community  
Center, 153 US Rt. 1,  
Scarborough

We invite you to join the pilot!  
The program is free, includes  
snacks, drinks, and supplies.

**For more information, email  
[Community@MartinsPoint.org](mailto:Community@MartinsPoint.org)  
or call 207-253-6351.**



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HEALTH CARE