



*Art can help people living with dementia express their thoughts, memories and emotions*

## Art Classes for People Living with Dementia

Opening Minds through Art (OMA) is an intergenerational art program for people with dementia. It is person-centered and founded on the fact that people with dementia are capable of expressing themselves creatively. Research shows that creative expression improves their physical and psychological well-being. The mission of OMA is to build bridges across age and cognitive barriers through art.



These FREE Art classes run for six weeks on Wednesdays at 2 pm and Thursday at 11 am. Classes are open to residents of Pierce County and surrounding areas

*Caregivers who attend art classes may see a glimpse of their loved one enjoying an activity in a way that they are not typically able to with their disease .*



### What does art do for someone living with dementia? *Benefits of Opening Minds through Art:*

- Gives them joy
- Focuses on their strengths
- Caregivers connect with their loved one in a fun way
- Empowers them to make choices
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life

**Classes are held virtually via Zoom and are FREE!**  
**Pre-registration is required and spots are limited.**

**Contact us today!**

**For more information, please contact:**



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