

Celebrate the Colors of Your Life

Older Adult Art Therapy Classes

MY COLORS. MY MIND.

Art therapy is a powerful way to tell our personal story and support mental health. It challenges us to think creatively while boosting cognitive function and can improve the quality of your life.



My Colors. My Mind.
a Program of Council on Aging



**Engaged
Communities
are Healthy
Communities.**

Develop healthy connections with others in your community, learn new skills and enhance your artistic abilities.

RSVP today, call
(714) 352-8820
coasc.org/mycolors

**Connect
Create
Celebrate
Inspire
Heal**

MY COLORS. MY MIND.

Creative art therapy can be very valuable in treating depression, anxiety, post-traumatic stress disorder and some phobias. It's a way to express your emotions without words, process complex feelings and find relief.

The Council on Aging—Southern California in partnership with the OC Health Care Agency is offering free, weekly art therapy classes consisting of circle painting, acrylic painting, watercolor, and mixed media. No supplies are necessary. Join us today!

RSVP to attend, art classes are held at:

- Anaheim Public Library - Anaheim
- Clever Care Community Center - Westminster
- Harbor Grove Senior Apartments - Garden Grove
- Huntington Beach Senior Center - Huntington Beach
- Linbrook Court Senior Living - Anaheim
- Miracle Terrace Retired Senior Living - Anaheim
- MorningStar Senior Living - Mission Viejo
- Southwest Senior Center - Santa Ana
- Towers on 19th - Costa Mesa