The Extraordinary Benefits of Arts & Aging…

When Older Adults Participate in Meaningful Creative Arts Programs, They Experience Lasting Improvements such as:

- **Increased Memory**
- **Increased Comprehension**
- **Increased Problem Solving**

- **Improvements in Word Recall**
- **Improvements in Story Recall**
- **Improvements in Verbal**

- **Decrease in Loneliness**
- **Decrease in Isolation**
- **Increase in Happiness**
- **Increase in Social Support**

"The evidence says that participation in dance programs reduces the development rate of dementia by maybe 75%. There is no drug around or even on the horizon that can reduce the rate of Alzheimer's or dementia by 75%."

– Dr. Peter Davies, Neurologist/Pathologist at the Albert Einstein College of Medicine, New York.

STILL DREAMING powerfully illustrates these benefits in an award-winning and entertaining new documentary film. Share this wonderful story on the power of the arts with your elders and colleagues today!

ORDER YOUR COPY at www.StillDreamingMovie.com

Information in this flyer is based on studies conducted by Drs. Tony and Helga Noice and published in THE GERONTOLOGIST. See also the landmark study, 'THE CREATIVITY AND AGING STUDY, 2006 by Dr. Gene Cohen, and http://arohaartfulaging.org/resources/