



November

Energizing the Brain Through Expressive Arts: Music and Visual Arts

Research studies have found elders who participate in expressive arts have boosted immune systems, take less medications, and have improved memories and social skills. This session will explore how the arts can energize your brain through two fun and easy art themes: music, and visual arts. No experience necessary- but a creative heart is encouraged.

DATE: 11.12.25

TIME: 11:00 AM

LOCATION: Portage Commons

ADDRESS: 133 N. Williams St., South Bend, IN 46601

**Space is limited, reserve your spot today
by calling (574) 284-7189 to register.**



Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older American's Act.



Patty Piechocki

Manager of Programming and Continuing Education

Patty is the Manager of Programming and Continuing Education for the Institute for Excellence in Memory Care. She is a Certified Therapeutic Recreational Specialist (CTRS) who has worked in the memory support field for over 30 years and is a community and professional educator and consultant.