

# 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.

**Connect  
Create  
Celebrate  
Inspire  
Heal**

**RSVP today, call  
(714) 352-8820  
[coasc.org/mycolors](http://coasc.org/mycolors)**



## **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**

- » **Linbrook Court Senior Living**  
2240 W. Lincoln Ave., Anaheim, CA 92801
- » **Miracle Terrace Retired Senior Living**  
225 South Western Ave., Anaheim, CA 92804

**Garden Grove**

- » **Harbor Grove Senior Apartments**  
12777 Garden Grove Blvd., Garden Grove, CA 92843