

# ART WITH HEART

PRESENTED BY VITAS HEALTHCARE

VITAS  
Healthcare

*ART WITH HEART* by Vitas Healthcare- celebrating Mind, Body, and Spirit

**Therapeutic art comes in many forms, with a purpose and multitude of benefits, not just to the senior, but to their loved ones and caregivers.**

*Benefits of Painting for all ages including older adults:*

- Eye- Hand Coordination
- Encourages memories and conversation.
- Relaxes mind and body.
- Increases focus and attention.
- Reduces anxiety and depression.
- Encourages social interaction.
- Sense of accomplishment and pride.



*Art with Heart is a VITAS Healthcare sponsored program.*

Contact Cindy Thiede, Community Liaison to learn more.

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