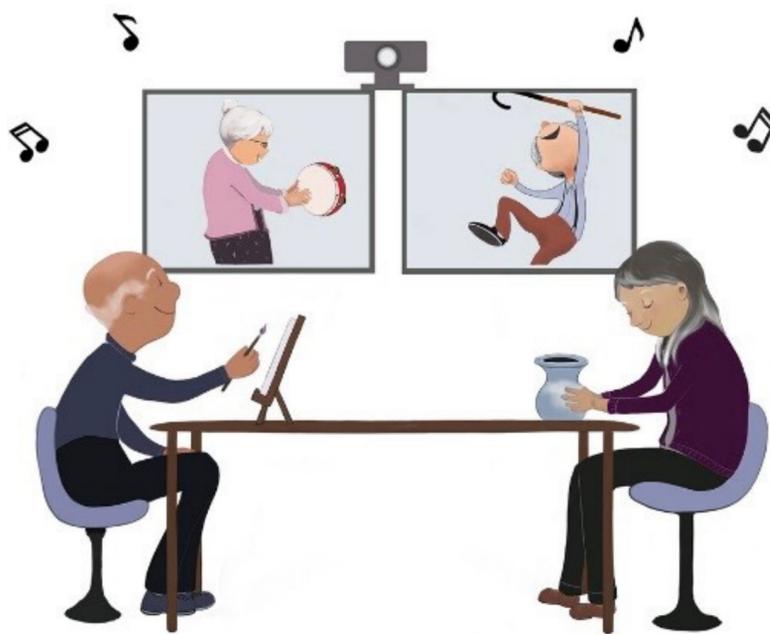


Healthy Aging through the Arts is SmART Aging

Sessions available to older adults age 65+ with mild to moderate frailty
and/or mild to moderate cognitive decline.



A Community Engaged Program Supporting Healthy Aging Through Arts and Technology

We are pleased to share an exciting, new initiative that is taking place.

The SmART Aging program will provide older adults with the opportunity to stay socially connected through virtual participation in arts-based activities. This will help lessen the risk of developing dementia, maintain cognitive health, promote engagement and fulfillment, and improve overall quality of life.

Our program aims to maintain and improve brain health for older adults who are frail and have early cognitive decline/dementia.

If you or a family member is interested in this program, please contact your primary care provider or email us at: smartaging@westernhealth.nl.ca

Please be advised that participants would need to have a computer/iPad/tablet and an adequate internet connection.

