

# MINDS ON ART



**Minds on Art**, done in collaboration with the Detroit Institute of Arts, is a free five-week program for people living with Alzheimer's disease and other dementias and a companion. This is a unique opportunity for individuals in the early and mid stages of the disease to create meaningful experiences together through art. No artistic experience required! These activities provide cognitive stimulation, encourage socialization, help reduce stress and anxiety, as well as enrich relationships and promote self-expression.

**Hosted 1-3:30 p.m. at the Detroit Institute of Arts, 5200 Woodward Ave., Detroit**

## **Picasso, Mid-Stage Group**

Mondays, September 10 through October 8

## **Van Gogh, Early-Stage Group**

Tuesdays, September 11 through  
October 9

*Pre-assessment is required for registration prior to attending*

For more information or to register,  
call our 24/7 Helpline at 800.272.3900 or email [helplinegmc@alz.org](mailto:helplinegmc@alz.org).



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