



## These seniors live for the arts!

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Friends of the Arts, you can help make that possible.

The arts heal – it's a universal truth.

**Older adults who participate in the arts have a more positive outlook on life and a lower risk of dementia.**

We all want a better quality of life for our senior friends, family, and loved ones.

Through the Arts Council's Arts as Healing program, we work with affordable housing provider CHISPA to provide weekly art classes to seniors. Painting pottery, mixing colors, bookmaking – these students are empowered to explore and continue to learn.

*"I used to hate art in school because they made me feel like I didn't have any talent. Here they show us how to paint the background, how to mix color. It's my favorite program coming here every week. It gives you such a relaxed feeling when you put yourself into it."*

- Arts as Healing senior participant at CHISPA

The arts improve the health of older adults, like our senior students in our Arts as Healing classes.

**With mental health more important than ever, help the Arts Council reach even more community members with a donation to our Arts as Healing program today.**

**GIVE TODAY**

Your gift provides health, happiness, and meaning to a local senior who needs your support now. Donate through Monterey County Gives to have your gift matched and make it go further!

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*Thank you from the bottom of our hearts to everyone who has already donated and made a difference!*

**And our most sincere gratitude to our Challenge Donors for their amazing support:**

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