



Ignite creativity in a relaxed space

Art Express

Art Express is an evidence-based program, designed for persons experiencing memory loss or dementia, as well as their caregivers. The goal of the program is to give people an outlet to creatively express themselves without needing memory or verbal communication skills. Working in partnership with University of Illinois Springfield, Art Express shows creativity is alive and well.

What do we do at Art Express?

- ◆ Explore the arts and experience new things
- ◆ Express ourselves using a variety of materials
- ◆ Stimulate creativity
- ◆ Enjoy the benefits of social and cognitive stimulation
- ◆ Enjoy an easy, no stress environment
- ◆ Attend alone, or bring a family member or friend

1:30 PM – 3:30 PM, WEDNESDAYS

Held every Wednesday of each month



HOPE PRESBYTERIAN CHURCH
2211 Wabash Ave., Springfield

To register or to learn more information:

care@siumed.edu or 217.545.7204



SIU MEDICINE

DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT