

AGEING WELL Arts and Crafts Bedworth



FREE

Connect with others, express your creativity and boost wellbeing

Enjoy a variety of arts and craft activities led by friendly and supportive artist Aish Kallapiran.

Suitable for anyone over 65 as well as people living with Dementia, Parkinsons or other disabilities.

**Wednesdays
10:30am to 12pm
Starts 5 February**

**Old Meeting United
Reformed Church,
Leicester St,
Bedworth
CV12 8JR**

**Carers welcome
Free Refreshments**



Meet new friends and lift your spirits and improve your overall health



Activities will include:

- Canvas painting with acrylics
- Canvas bag design
- Marbling and colour blending
- Printing
- Glass painting and staining
- Glass collage
- Card making

Reviews from past customers

“ I haven't seen my mother so engaged or animated in ages - it was lovely to see. ”

“ The course has been a life saver. ”

Our FREE weekly ageing well sessions help to improve health and wellbeing and are dementia friendly. Key benefits include:

- Reducing loneliness
- Keeping your mind active
- Improving self-expression
- Increasing confidence
- Learning new skills
- Re-igniting passions and hobbies
- Improving hand to eye co-ordination and dexterity
- Meeting new friends



Booking essential at www.artsuplift.co.uk/ageing-well or email: info@artsuplift.co.uk or call Beth on 01926 504212

