

Arts and Wellness

Arts in health can be used as therapeutic, educational, and expressive forms of treatment. Creative therapies can reduce patient use of pain medication, length of hospital stays, and level of depression and stress.

Creative Aging– Provide community painting or music workshops in partnership with local nursing homes, hospitals, and other organizations that work with elderly populations within your community.

Painting Workshops- Create painting workshops at local community centers. Partner with local artists to lead the workshop!

Music Workshops– Partner with local musicians to provide community music workshops where community members can take part in a music lesson.

Dance Workshops – Create dance workshops at your local community center with classes centered around different populations (i.e. youth, seniors, and employees). Partner with a local dance studio to provide instructional services for the event.

Spread the Word – Advertise the event using flyers, emails, and social media. Encourage local businesses to advertise the event to employees; do the same with municipal employees. Partner with local arts organizations and artists to provide these programs to your community.

Resources –

[Alliance for Arts and Health NJ](#)

[Barat Foundation](#)

[Arts and Aging: Building the Science](#)

[Music for All Seasons](#)

MWC Success Stories:

Collingswood, NJ created the annual Before I Die Festival, hosted in the Perkins Arts Center, to incorporate music, arts, yoga, and poetry with end-of-life conversations. This one-of-a-kind festival uses interactive arts to promote advance care planning. To learn more, click [here](#).



Mayors Wellness Campaign
Put your community in motion.