



Mayors Wellness Campaign
Put your community in motion.

Arts & Health



HEALTH AND THE ARTS

✓ IMPROVE HEALTH THROUGH CREATIVE ARTS

- The arts can positively impact individual and community health by providing therapeutic, educational, and expressive opportunities.
- Creative therapies can reduce patient use of pain medication, length of hospital stay, and levels of depression and stress.
- You can offer community arts programs and resources to build local connections, deepen relationships, and improve health for citizens of all ages.

✓ ACTION STEPS

Offer Creative Programs for Older Adults

- Develop community painting, crafts, or music workshops with local nursing homes, hospitals, and other senior service organizations in your community.
- See resources offered by the **National Center for Creative Aging**, which is dedicated to fostering an understanding of the vital relationship between creative expression and healthy aging.

FOLLOW THEIR LEAD!

Collingswood created the **#Before I Die Festival**. This festival involves music, arts, yoga, poetry and end-of-life conversations. This creative annual festival shows the arts are a powerful tool for promoting conversations around advance care planning.

Provide Paint and Craft Opportunities

- Set up painting and crafts workshops at local community centers and libraries to involve individuals of all ages.
- Partner with local artists to lead the workshops with help from the **Alliance for Arts and Health NJ**. The Alliance connects artists with health and wellness providers to advance best practices in arts and health.

Sing and Dance to Good Health

- Partner with local musicians to provide community music workshops where community members can take part in music lessons.
- Partner with a local dance studio to provide instructional services for the event.
- For program ideas, consider partnering with **Music for All Seasons**, which fosters human interaction and healing through live musical programs for at-risk youth, veterans, seniors, hospitals, and hospices.
- Create dance workshops at your local community center or cultural centers with classes centered around different populations, such as youth, seniors, and municipal employees.

- For additional resources, see information provided by the **American Dance Therapy Association**.

Spread the Word

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

MORE RESOURCES

Arts and Aging: Building the Science
Creation Nation: How Public Art Helps the Public