

connecting through

art

# Tuesday, May 23, 2023

# Tuesday, June 13, 2023

# Tuesday, July 11, 2023

# To register or for additional information, please contact APDA Connecticut Chapter at hseymour@apdaparkinson.org

# or 860-996-4276

**Connecting Through Art** is a creative arts program that offers people with PD the space and ability to express feelings, emotions, and daily concerns through art. It is open to any adult who has been diagnosed with Parkinson’s disease and their care partners.

Katrina Casey, Art Therapist, will guide participants through a series of watercolor activities. Each month’s class will have a different theme. A short, guided mindfulness practice will accompany each program.

Session dates and times:

* Tuesday, May 23 – 2 to 3:30 PM. *Theme – Abstract*
* Tuesday, June 13 – 2 to 3:30 PM. *Theme – Landscape*
* Tuesday, July 11 – 2 to 3:30 PM. *Theme – Nature*

The program will take place at Evergreen Woods, 88 Notch Hill Rd, North Branford, CT 06471.

**The program is free, and art supplies will be provided at no cost to participants. Registration is required.** To register or for additional information, please contact Holly Seymour, APDA Connecticut Program Director, at hseymour@apdaparkinson.org or 860-996-4276.

*This program is offered in partnership with:*

