



**MSS**  
APPLICABLE

## Preventing Dementia

# ART THERAPY

Sat, 18 Oct 2025 | 2pm - 4pm | Level 2 Boardroom

### Discover the Power of Creativity for brain health!

Join our 2-hour hands-on session to explore guided art-making, memory-stimulating activities, and mindfulness exercises designed to enhance focus, stimulate memory, and promote emotional well-being.

#### Ideal for :

- Seniors looking to stay mentally active
- Anyone with loved ones living with dementia

#### You'll Learn :

- How creative activities can keep your mind sharp and focused
- Simple art techniques to boost memory and brain health



Session is conducted by Certified Art Therapist registered with Art Therapists Association of Singapore

**No art experience needed - just curiosity and an open mind!**

Perfect for caregivers, educators, social workers, mental health professionals, and anyone passionate about cognitive wellness.

**Register Here**

#### CHARGES

Members	\$35+
Members' Guests	\$40+

**Contact: James Lee**

☎ 9766 9014  
 ✉ events@src.org.sg



<https://tinyurl.com/ArtTherapyWSP>

Registration is on a first-come, first-served basis. No cancellation will be entertained after the registration closes on Sun, 5 October 2025. This event will be cancelled if the minimum number of 10 pax is not reached.