



**Art4Life Inc.**



EST. 1785

UNIVERSITY OF NEW BRUNSWICK

**UNB**

**Are you curious  
about the connection  
between creative  
activities and good  
health?**

We are inviting seniors  
ages 65+ to participate  
in a weekly art program  
beginning January 2020.

*All activities are free  
of charge to seniors!*

For further details and to register your  
interest please contact Anita Punamiya  
at [anita@art4lifeinc.com](mailto:anita@art4lifeinc.com), or by phone  
at (506) 639-8275.



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All activities will be facilitated by local artists.

Activities will include:

- Drawing
- Painting
- Collage
- Clay-Work
- Performance
- Sculpting

Weekly 2-hour sessions will be held at

- Saint John Arts Center, SJ
- Somerset Community Center, SJ
- Centrum Community Center, GBW
- Bill McGuire Center, Rothesay

Our team of researchers will select seniors based on project criteria and study the program's impact on the health & well-being of participants.

If you are

- Age: 65 and older
- Living independently in Saint John, Rothesay or Grand-Bay Westfield

We would like to hear from you.

This Research Project is approved and funded by the 'Healthy Seniors Pilot Project' and supported by the Mayors of Saint John, Grand-Bay Westfield and Rothesay. This Research Project has been reviewed and approved by the University of New Brunswick Research Ethics Board. If you have any questions or concerns, feel free to contact Ms. Punamiya or the Chair of Ethics, Dr. Beth Keyes at [bkeyes@unb.ca](mailto:bkeyes@unb.ca) or by phone at 506-648-5994 (REB File #039-2019)