



**Art4Life Inc.**



**If you are Age 65 or older  
&  
If you are living independently in Saint John/ Rothesay/ Grand-Bay Westfield  
You SHOULD check this out.**

All activities will be facilitated by local artists.

Activities will include:

- Drawing and Painting
- Collage
- Clay-Work and Sculpture
- Performance
- Etc.

All activities are free of charge for participating seniors.

Weekly 2-hour sessions will be held at

- Mondays: Saint John Arts Center, SJ
- Mondays: Somerset Community Center, SJ
- Mondays: Centrum Community Center, Grand-Bay Westfield
- Tuesdays: Bill McGuire Center, Rothesay

Explore Creative Aging.

We are inviting seniors ages 65+ to participate in a research project offering weekly art programs which begin January 2020.

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

*Your participation can help shape policy regarding recreation services offered to seniors.*

**Applications are open**  
**SIGN UP NOW**

To register or for further details contact:  
Anita Punamiya  
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(506) 639-8275



You can also register online  
[www.art4lifeinc.com](http://www.art4lifeinc.com)

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)