

ART & HEALTH WORKSHOP STUDY



LIFE BOUQUET

A Creative Activity that Contributes to Aging Research

In recognition of the growing needs of older adults in Appalachia, the Huntington Foundation and the Marshall University School of Medicine have teamed up to sponsor a Geriatric Pilot Study that examines the impact of visual art activities on the cognitive and other aspects of healthy aging. A team comprised of an Art Professor, a Psychology Professor, and three physicians has developed this community-based study.

We seek participants (aged 55+) to participate in six-session visual art workshops plus introductory and presentation sessions and to complete a set of health assessments four times over the course of approximately seven months. The assessments measure pain, stress, depression, cognition, social connection, and loneliness. A research staff member will assist with the assessments, which will take about 45 minutes to complete.

All art materials will be provided. There is no fee to participate in the art workshop nor are participants compensated for completing the corresponding assessments. The art workshops will be taught by Marshall University art alumni, who are experienced Teaching Artists. The art workshops will be offered at the Ceredo Senior Wellness Center and the Barboursville Senior Center, which provide ample parking and ease of access. You will be able to indicate your preference of workshop schedule and location.

PUBLIC INFORMATION & SIGN-UP SESSIONS. Drop-ins welcome!

- Barboursville Senior Center > Wednesday, **June 14** at 9:30 am
- Ceredo Senior Wellness Center > Thursday, **June 15** at 10:00 am

More information about this health study can be found at:

<https://jcesom.marshall.edu/research/research-study-life-bouquet/>

QUESTIONS? Or didn't attend an information & sign up session?

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Masa Toyama, Principal Investigator, 304-696-2777

Other team members include:

Dr. Cynthia Pinson, Dr. Martha Sommers, and Dr. Asma Nayyar



The deadline to sign-up is Monday, June 26, 2023.