



**Join Us for a Presentation  
About Ways to Improve  
Health Outcomes  
Through Use of the Arts**

**Friday, June 16, 2017  
2:00 PM to 3:30 PM  
Refreshments Served**

**Alderman Oaks is Downtown  
Sarasota's Premier Rental  
Retirement Community**

- ▣ Independent and Assisted Lifestyles
- ▣ Privately-Owned, Moderately-Sized, Family and Home Environment
- ▣ Just a Short Walk or Ride to Area Arts, Dining, Events, Theatres, and Shopping
- ▣ 24/7 Transportation Due to New Alliance with ITNSunCoast along with Alderman Oaks' Regularly Scheduled Complimentary Rides
- ▣ Plenty of Social Activities, Events, and Educational Programs



Hearing Loop Systems for those using hearing devices with T-Coil technology.

**Seating is Limited!  
To RSVP, call (941) 955-9099  
or go to AldermanOaks.com**



Join us for a presentation by leading arts and health professionals, demonstrating the power of the arts in improving your physical,

emotional, and spiritual health. Topics include Dance and Movement, Expressive Arts, Laughter and Joy.



**Tamara Teeter Knapp**  
Co-founder Expressive Arts Florida Institute

**Presentation:** Through a simple expressive arts practice, connect with the present moment and your innate creativity to experience a healing mind-body connection.



**Leymis Bolaños Wilmott, MFA**  
Artistic Director, Sarasota Contemporary Dance  
Jahrel Thompson, Drummer

**Presentation:** The power of movement and dance for endurance, balance, and motor control.



**Hedda Matza-Haughton, LCSW**  
Co-Chair, Arts for Health-Sarasota Manatee  
President of "For the Health of It" Consultation Services

**Presentation:** Highly interactive fun-filled demonstration of the power of laughter and joy for your health.

For More Info go to [ArtsforHealthSarasotaManatee.org](http://ArtsforHealthSarasotaManatee.org)