

Coming to Greensboro October 15th, 2008



*2008 Blair J. Sadler/Society for the Arts in Healthcare International Healing Arts Award
2007 MetLife Foundation/American Society on Aging MindAlert Award*

Judith-Kate Friedman
Founding Director, Songwriting Works

Songwriting Works™ – Enhancing Health, Giving Voice to Community

Current research in creativity and aging is proving that engagement in creative arts and music-making helps sustain, and even improve, the physical, mental, and social health of older adults. These benefits extend to all who participate, including family members, care providers, health and music professionals, music/arts therapists, and volunteers.

In the morning workshop, older adults will:

- Learn about current research in the field of creative aging and how music and arts participation can enhance physical, mental and community health throughout our lifetimes
- Hear songs and stories composed by elders, average age eighty-seven
- Access their individual and collective voices and find new levels of self-expression (No prior musical background is required).
- Engage in a collective creative process akin to musical mural painting
- Witness their own and others' stories, ideas, lyrics, & melodies taking shape as they contribute to the composition of a wholly original song

In the day-long training, invited professionals from the fields of aging, the arts, and healthcare will:

- Join in the Songwriting Works process as 'participant-observers'
- Gain tools and processes for accessing their own creativity
- Learn about Songwriting Works' 'best practice' principals
- Explore practical applications of 'best practices' for successful program facilitation both with older adults and as respite for caregivers
- Hear how songwriting can be used to enhance cultural awareness, build community and foster healing
- Address issues of program design, funding, and public awareness

SPACE IS LIMITED!

For more information, please contact:

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