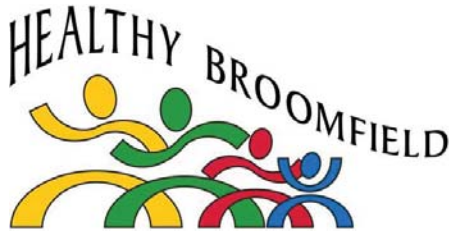


# Culture is Healthy!

There is a dynamic relationship between art and health.

Music is a critical positive part of our culture.

Every day brings a chance for you to draw in a breath, kick off you shoes and dance!



## MUSIC IS MEDICINE!

Music is used as a tool for enhancing health and well being. It sharpens focus and improves mental endurance.

It taps into inner wellsprings of creative expression and insight. Music helps you relax, it's a remedy for tension and worry, it's soothing, and is used as an effective part of pain management. It restores harmony to mind, body and spirit.

Music accelerates learning by creating the optimal environment for acquiring knowledge and mastering new skills.

It promotes enthusiasm, organization and achievement!

## ART IS THERAPY!

Art helps promote well being by reducing stress and encouraging creativity. Art provides a restful, meditative, calm and secure and comfortable environment for home and office. Art can recharge your batteries and refresh your soul. Creating art promotes self - discovery, and helps participants explore new directions when moving through challenging life transitions. It strengthens mind and spirit, promotes healthy thinking and builds self-esteem!



## DANCE IS DIVINE!

Dancing can be magical and transforming.

It can breathe new life into a tired soul; make a spirit soar; unleash locked away creativity; unite generations and cultures; inspire new romances or rekindle old ones; trigger long-forgotten memories; and turn sadness into joy, if only during the dance.

Physically, dancing is a great mind-body workout.

Regular physical activity helps keep body and brain, healthy as you age. Exercise increases the level of brain chemicals that encourage nerve cells to grow.

Dancing that requires you to remember dance steps and sequences boosts brain power by improving memory skills!