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Mesa Arts Center to offer Free, Hands-On Arts Experiences for Caregivers

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(Mesa, AZ) – Mesa Arts Center today announced five free arts experiences offered exclusively for caregivers, for those who are often fully engaged in caring for an ailing loved one. Participants will have the opportunity to integrate learning about the advancement of dementia while engaging in interactive arts classes. Each session includes a hands-on, 60-minute arts experience, a social break and a 20-minute information session on the latest research in dementia and tips for engaging a loved one. Registration is open now and available by calling 480-644-6564 or by emailing engagement@mesaartscenter.com.

Participation in Caregiver Samplers, as they are called, does not require any previous arts experience. The sessions are intended to be accessible, relaxing, fun and informational.

Caregivers who require support of their caregiving role while attending a session may be able to avail of free respite care for their loved one, thanks to a partnership with the Alzheimer's Association Desert Southwest Chapter.

Caregiver Samplers are one aspect of a multifaceted Creative Aging Program at Mesa Arts Center that also provides free arts experiences for participants 55 and older, and *Arts in Mind* engagements for individuals with mild to moderate dementia and their care partners. For more information about the comprehensive Creative Aging program, visit mesaartscenter.com/creativeaging. All classes are from 10-11:45 a.m. at Mesa Arts Center. Upcoming sessions are listed below.

Ceramics

February 1, 2018

Participants will get their hands in clay as they learn the basics of ceramics.

Printmaking at Mesa Contemporary Arts Museum

March 1, 2018

Visit the museum and gain inspiration from the art of Kathryn Maxwell. Participants will have a chance to create their own printed piece.

Music

April 5, 2018

Participants will learn how to use technology to create original music in collaboration with other caregivers.

Beginning Flameworking

May 3, 2018

Participants will make their own lampworked glass beads using glass rods melted in a torch flame.

Moving Through It

May 31, 2018

This session will explore the joy and healing of creative expression through movement in a safe and welcoming class environment.

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ABOUT MESA ARTS CENTER

The Mesa Arts Center mission is to inspire people through engaging arts experiences that are diverse, accessible, and relevant. Owned and operated by the City of Mesa, Arizona's largest arts center is recognized as an international award-winning venue. The unique and architecturally stunning facility is home to four theaters, five art galleries, 14 art studios and The Store, an artist cooperative gallery. For more information, visit mesaartscenter.com.