Quarter: Spring 2017

Course Title: Artful Aging: Exploring Creative Paths to Vitality and Brain Health  
Course Code: WSP 284  
Instructor: Francine Toder, Ph.D., Guest artist: Dan Fourrier, M.D., B.F.A

Course Summary:

Artful Aging takes place over two consecutive Saturdays, 10 am-1 pm. This participatory workshop is designed to stimulate creative pursuits that promote physical and emotional well-being while maximizing brain functioning in the years past age sixty. Interactive exercises coupled with lecture, discussion, and video clips will help students identify outlets for their inner creative potential. Students will leave with an action plan and a complimentary copy of the instructor’s book.

Grade Options and Requirements:

Due to its short format, this workshop may not be taken for credit or a letter grade.

Tentative Weekly Outline:

Session 1: 10:00-11:15 am: Introduction, framework for this and subsequent session, sharing of participants’ goals, presentation of instructors’ own creative paths through story and video; identifying the cognitive and emotional benefits of taking up a fine-art or other creative practice, based on current neuroscience research.

11:15-11:25 am: Short break

11:25-12:15 pm: Guest artist Dan Fourrier will present his journey from practicing physician to art student and then painter. His visual show and talk will demonstrate his transition, followed by questions and answers.

12:15-1:00 pm: Voluntary sharing of responses to survey questions (completed prior to first class) with other attendees. Learning how to turn creative doubts and blocks into allies through imagination. Prepare for session 2, the following Saturday.


**Session 2**: 10:00-11:00 am: Brief review of Session 1 and actions taking during intervening week. Identify and overcome any obstacles to thought and action through group process.

11:00-11:45 am: Construction and sharing of action and implementation plan/timeline.

11:45 am-11:55 am: Short Break