



WILLIAMSBURG LANDING®

## Tips on Artistic Expression and Their Benefits for Seniors

As experts in healthy aging confirm, expressing ourselves through the creative arts is not just good for the soul, it is also very beneficial to our minds and bodies. Artistic pursuits provide older adults with multiple health benefits, not the least of which is enhanced cognitive function.

Artistic expression can be enjoyed in a variety of forms such as:

- Painting and drawing
- Sculpting
- Needle work
- Drama
- Music
- Dance
- Creative writing
- Photography

**Gene Cohen, MD, PhD, director of the Center on Aging, Health and Humanities at The George Washington University**, found that the arts have a positive effect on health and illness as we age. For example:

- Helping individuals relax
- Providing a sense of control
- Reducing depression and anxiety
- Assisting in socialization and encouraging playfulness and a sense of humor
- Improving brain cognition
- Offering sensory stimulation and reducing boredom.
- Fostering a stronger sense of identity and increasing self-esteem
- Nurturing spirituality

At Williamsburg Landing, we fully embrace the life-enriching value of the arts. Here, you'll find a vibrant community that is made even more lively through art, music, opera, theater and more.

### Welcome to Williamsburg Landing

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at Williamsburg Landing.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Va., Williamsburg Landing is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and the surrounding areas [since 1985](#). With one visit, you'll understand what makes Williamsburg Landing so special.

With a past rich in tradition and a future filled with promise, Williamsburg Landing is the perfect place to call home – for today and tomorrow.

To learn more or schedule a tour, please [contact us](#) today!