

City of Long Beach - Youth and Family Services  
Presents

# *Creative Expression for Seniors*



Wednesday, January 15<sup>th</sup>  
11:00AM – 12:15PM  
at  
Magnolia Senior Center  
650 Magnolia Blvd., Long Beach, NY

**Art Therapist – Margaret Carlock-Russo**  
LCAT, ATR-BC from Hofstra University

This workshop will introduce seniors to the use of visual arts for creative expression and stress relief. Participants will learn about the therapeutic value of exploring and developing personal creativity. Creative Arts Therapist, Margaret Carlock-Russo, LCAT, ATR-BC, from Hofstra University will share the philosophy and approaches used by individuals to enhance self-expression and relieve stress without having to say a word! Please join us for this informative and enjoyable session. ***THIS WILL BE AN ONGOING PROGRAM FOR THOSE INTERESTED IN THE CREATIVE THERAPY PROCESS. FUTURE DATES WILL BE SCHEDULED.***

**Registration is required – Call 431-3510 to register.**

**City Council**

Scott J. Mandel, President  
Fran Adelson, Vice President  
Anthony Eramo  
Eileen J. Goggin  
Len Torres



**City Manager**

Jack Schnirman  
**Youth & Family Services**  
Johanna Mathieson-Ellmer, Director

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