Painting for seniors helps them exercise and improve their fine motor skills. Engaging in this activity increases blood flow within the body, causing an enhancement in dexterity in the hands, fingers, and wrists of older people.

Participants will:

- increase their interpersonal interactions
- improve their cognitive functions
- learn about WCCCD’s CE course offerings

**Painting in the Courtyard for Senior Citizens**

Painting for seniors helps them exercise and improve their fine motor skills. Engaging in this activity increases blood flow within the body, causing an enhancement in dexterity in the hands, fingers, and wrists of older people.

Participants will:

- increase their interpersonal interactions
- improve their cognitive functions
- learn about WCCCD’s CE course offerings

**JULY 11 & 12 • JULY 18 & 19 • JULY 25 & 26**

9:00 A.M. - 10:00 A.M.

**NORTHWEST CAMPUS**

8200 West Outer Drive
Detroit, MI 48219