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FOR IMMEDIATE RELEASE

"I REMEMBER BETTER WHEN I PAINT" WORKSHOP
DESIGNED FOR THOSE AFFECTED BY ALZHEIMER'S

OCEAN CITY MD — June 14, 2015 — A free two-hour workshop for people who know someone affected by memory loss will be held on Thursday, June 25 from 10 a.m. until noon at the Ocean City Center for the Arts, 502 94th St. bayside in Ocean City.

"I Remember Better When I Paint" lecture and workshop is funded by the Community Foundation of the Eastern Shore and sponsored jointly by The Art League of Ocean City, the Alzheimer's Association Greater Maryland Chapter, Eastern Shore Hospital Center and MAC: Maintaining Active Citizens.

The premise of the workshop is that there are ways to reconnect with those suffering from dementia-related diseases, as well as ways to slow down symptoms.

The workshop will kick off with an overview of signs and symptoms of Alzheimer's and dementia-related diseases, discuss the importance of art therapy in patient-centered mental health, and provide information on available resources in the community. A video, "I Remember Better When I Paint," will show how Alzheimer's can be treated through the creative arts. Finally, attendees will apply their creativity during a watercolor painting workshop conducted by Jan Bain, Art League artist in residence.

Participation is limited, and pre-registration is required. Reservations are being accepted by the Art League at 410-524-9433.

The Ocean City Center for the Arts at 502 94th Street is the home of the Art League of Ocean City, a nonprofit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events. The arts center is supported by memberships, corporate and civic funding, donations and sales of art.

More information is available at 410-524-9433 or www.artleagueofoceancity.org.

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