



Public Relations

Author, talk show host and aging expert kicks off creative conference for older adults

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DETROIT -- Michael Sheehan, author of 10 books and a state commissioner for Michigan's Services to the Aging, is the featured speaker at Wayne State's 14th *Art of Aging Successfully* conference. Planned by a community group of about 25 older adults, the April 3 event draws upwards of 300 persons, and spotlights dozens of local artists and writers. Sheehan also hosts a weekly radio call-in show and is Chairman of the State Advisory Council on Aging.

Art of Aging will be held at Greater Grace Conference Center on April 3 from 9 am to 2 pm. The \$18 ticket includes lunch, keynote, gallery walks through art displays, and a choice of two of the seven interactive workshops. Hosted by the Institute of Gerontology (IOG) at Wayne State University, the *Art of Aging Successfully* celebrates the pivotal role of creativity as we move through life. "This year's theme is 'Seniors in Transition: The Journey Continues,'" said IOG Outreach Director Donna MacDonald. "Life is a journey and our later years are one leg of that journey. We want it to be an adventure of new learning and experiences. Creative pursuits stimulate that sense of adventure."

Workshops include:

- Should I Stay or Should I Go? – The difficult decision to downsize
- Tai Chi – Sample this continuous, graceful exercise form and learn its benefits
- Laughter Yoga Jest for Fun – A silly, energizing, breath enhancing and therapeutic exercise approach.
- Brain Neurobics – Stimulate the growth of new brain cells with routine-busting challenges
- Food Facts and Fiction – Organic? GMO? Chef Paul Penny explains the new labels
- How Does Your Garden Grow? – Detroit Farm and Garden plants ideas for growing your food
- Seniors in Motion – Cardio, muscle strengthening and dance rolled into toe-tapping routines.

Artists hail from South Lyon, Dearborn, Detroit, Southfield, Carlton, Lathrup Village, Farmington Hills, Novi, West Bloomfield, and other key suburbs. Artists range from 55 – 87 years old and submit jewelry, clay sculpture, oil paintings, quilting, calligraphy, watercolors, memoirs, poems and music. ([Click](#) for full conference brochure.)

Call Cheryl Deep to arrange an advance interview with an artist from a specific suburb.

The Institute of Gerontology researches the aging process, educates students in gerontology, and presents programs on aging issues relevant to professionals, caregivers and older adults in the community (www.ioq.wayne.edu). The Institute is part of the Division of Research at Wayne State University, one of the nation's preeminent public research institutions in an urban setting. For more information about research at Wayne State University, visit <http://www.research.wayne.edu>.

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