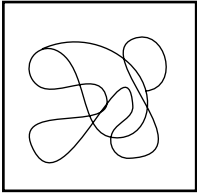


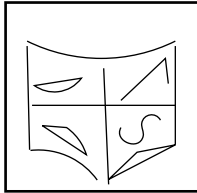
* Make your own piece of art! *

1) Here are some ideas to get you started:

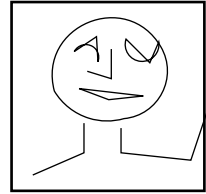
Scribble Drawing



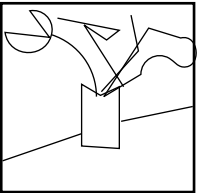
Coat of Arms



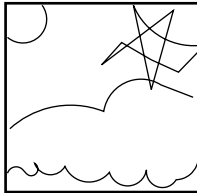
Portrait



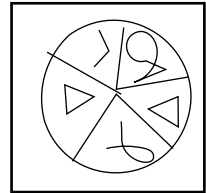
Flowers



Landscape



Mandala



2) Take the time to create and share from your heart:

What have you been thinking about lately? Perhaps you'd like to honor a special person, memory, day, or maybe there's a magical place you go that makes you feel safe. What are some of your strengths? Or maybe work with something that is more difficult. Is there someone you're grieving, missing or arguing with lately that has been heavy on your mind? Whatever your feelings are, they're all fair game. The only rule is to share from your heart!

3) The caveat: swapping it out...

We aren't meant to go through challenges like Alzheimer's all on our own. We have to be willing to be vulnerable and let people know what's going on. In the spirit of practicing this powerful idea we ask that once you've finished your artwork you do not take this piece home. Rather, you leave it for someone else to take home, swapping it out with another piece that was made by a person who came through the exhibit before you, and take that one home.

We're all in it together now
As we all fall apart
We're swapping little pieces
Of our broken little hearts.

— Dr. Dog