

Lifelong Learning and Creativity



Engaging in lifelong learning and creative self expression is beneficial to your health and well-being. Learning something new supports brain health, enhances mental alertness and is an important part of healthy aging. Being creative has also been linked to improved mental health. In fact, some experts claim that creative self expression is key to staying healthy, engaged, vibrant and balanced.

Questions to consider when exploring lifelong learning and creativity:

What talents have you always wanted to explore?

Have you considered singing, painting, learning a new language, joining a choir, acting, or learning to play an instrument?

What are your natural strengths and abilities?

Are you still challenging yourself and learning?

How do you like to be creative?

Do you know what classes are offered at your local community recreation centre, community school, college or university?

Have you thought about teaching a class or mentoring?

[Lifelong Learning and Creativity](#) (link)

[Education and Lifelong Learning](#) (link)

[Planning for Healthy Aging](#) (link)