

## Embracing Art Therapy



In a world where the prevalence of dementia is increasing, the search for effective ways to prevent and manage the condition has become more pressing than ever. For Ms Yong Lee Boon, 55, this search led her to the Art Therapy for Preventing Dementia course held at The Red Pencil (Singapore). Her motivation was deeply personal: she has family members with dementia, and she is passionate about art as a tool for wellness and active ageing.

Through the course, Ms Yong gained valuable insights into how art can be used to delay the progression of dementia. She learned about the modifiable causes of dementia and discovered how art can serve as both a social engagement activity and an exercise for the brain. This knowledge is useful not only for her personal growth but also for her broader mission of helping others. She is thankful for the course subsidies provided by the National Silver Academy (NSA), which have made learning more accessible.

Ms Yong's journey into art began later in life. At the age of 51, she discovered the joy of creating art through online Zentangle lessons offered by Brahm Centre during the COVID-19 pandemic. The therapeutic and meditative nature of Zentangle art captivated her, and she pursued further training eventually becoming a certified Zentangle Art Teacher. Today, she facilitates Zentangle Art Workshops, promoting art, active ageing, and wellness. She also volunteers her time to give back to the community, sharing the transformative power of art.

Ms Yong believes that her life was transformed after learning new skills. Reflecting on her journey, Ms Yong said, "Life is a continuous learning journey. Enjoy the process. Be open, be curious, be courageous."