

JOIN OUR YOUNGER AT ARTS PROGRAM... YA!



iYA!
program

Don't stay at home, sign up for our free senior activities and come enjoy Arts with us.

YA! program

WHAT YOU'LL ENJOY:

- Art and culture classes
- Music appreciation classes
- Literature workshops
- Art exhibitions and showcases
- Storytelling sessions
- Digital Art, AI, and technology training
- Cultural Outings
- Life coaching for seniors

The Opera
Atelier

More info:

📍 970 SW 1st ST, Ste 408
Miami, FL 33130

☎ +786-560-6845

ENROLL AT WWW.THEOPERAATELIER.ORG/YOUNGATARTS

Younger at Arts Program... YA!

Transform Your Life through the Arts

YA! adopts a holistic approach to well-being through its Younger at Arts program, recognizing that social connections and arts activities play a crucial role in promoting physical, mental, and emotional health. By reducing isolation in seniors through art activities, this approach alleviates psychological suffering, decreases medical visits and hospitalizations, enhances cognitive function, boosts self-esteem, and improves overall quality of life.



The “Younger at Arts” Program engages seniors through the power of the Arts, helping to mitigate isolation. YA! in Spanish means: right now!. The acronym of the program is a call to take control of your life right now, without delay.

Group life coaching for seniors

Personalized Guidance

Ongoing Support

Goal Setting

Sustainable Habits

Positive Mindset

Holistic Approach

Do you feel anxious? With Stress? Depressed?

Do you feel alone and without friends?

Is it difficult for you to carry out your daily tasks,
or your social and family relationships?

Your life can improve, and you can feel the independence of living to the full again!

Activities arts could be beneficial for you...

Contact us to begin your coaching session at:



786-560-6845



<https://www.theoperaatelier.org/youngeratarts>

Transform your life with empowering senior life and wellness coaching