WHAT IS ART?

There are many different kinds!

- visual arts
- literary arts
- performing arts - media arts - design - music - dance
- festivals and celebrations

WHAT IS HEALTH?

Health refers to physical, mental, social, emotional & spiritual wellbeing; “not merely the absence of disease or infirmity.”

Health is the extent to which “an individual or group is able to realize aspirations and satisfy needs, and to change or cope with the environment.”

Arts & Health is a growing international field that embraces many forms of art to promote health and prevent disease in individuals and communities, enhance health service delivery and enrich research inquiry.

WHAT IS ARTS & HEALTH?

People across the life span from infants to seniors, across cultures and across the health continuum from prevention to end of life can benefit from arts & health activities.

Arts & health activities can take place in a range of settings: health care facilities, homes, workplaces, schools, recreation centres, galleries, parks, places of worship, festivals, online, etc.

Arts & health activities can take place everywhere! Everyone can take part in arts & health activities?

Arts & health programs are often partnerships between artists and community members, and value the process as much as the product.

Arts Health Network Canada is the primary national arts and health knowledge sharing, networking and capacity building hub, helping to promote and facilitate the development and growth of arts and health initiatives across Canada.

Arts Health Network Canada is an arts and health network with an international perspective and membership that includes artists and organizations focused on the arts and health. Visit us at artshealthnetwork.ca to learn more about our mission and join the conversation.