



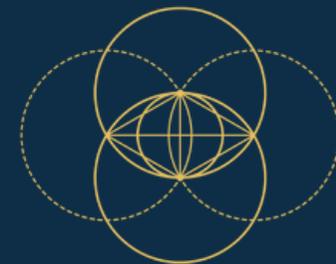
Healthy Aging Through Creative Arts & Wellness

A Program Designed for Military Veterans and
Assisted Living Communities

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**THE
SIOTHA
PROJECT**

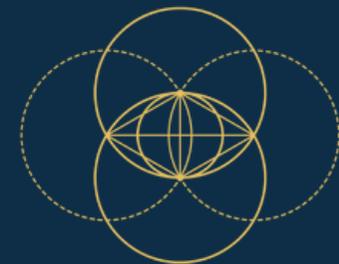
THE WHAT



Military veterans and individuals in assisted living centers carry rich life experiences, but also face unique challenges when it comes to aging well. This program is designed to support participants' mental health, emotional wellbeing, and physical vitality through creative arts and wellness practices. Delivered in a group setting, each session fosters connection, resilience, and healing within a supportive community.



THE WHO



The Siatha Project is a veteran-founded, trauma-informed initiative co-created by Jenn Easley and Kyle Gambol to offer veterans mental health and wellness support through integrative arts, fostering community, connection, and healing. Through one-on-one sessions, group classes, and workshops, we provide a space of safety and personal empowerment for every body and every background.

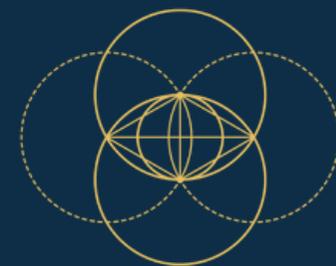
Jenn brings over a decade of experience in the healing arts and wellness industries. With a background in music, creative design, and conflict management, she is passionate about how arts and wellness strengthen relationships and improve quality of life. Jenn holds a Master's Degree in International Affairs along with certifications in Yoga as Therapy and Mental Health and Wellbeing Practitioner.

Kyle Gambol, co-facilitator and U.S. Marine Corps veteran, now serves as an IT Specialist at Tinker Air Force Base. His military service spanned multiple countries and earned him awards for humanitarian aid and outstanding performance. With a foundation in psychology and certification as a Mental Health First Aid Responder, Kyle is deeply committed to supporting fellow veterans through workshops and community initiatives such as local rucking trips.

Together, Jenn and Kyle combine their lived experiences and professional expertise to create accessible, supportive wellness programs designed to help veterans and community members heal, grow, and thrive.



THE HOW



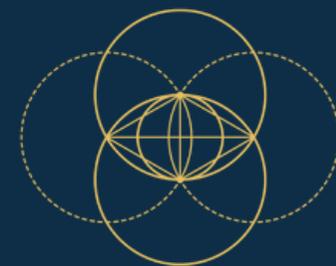
Research shows that engaging in the arts can play a powerful role in supporting healthy aging and promote cognitive function, stress reduction, and strengthen social connection.

Studies by the National Endowment for the Arts and the American Journal of Public Health highlight how activities like music, writing, and visual arts can help improve memory, emotional regulation, and overall wellbeing in older adults.

The Siotha Project provides the aging population opportunities for creative expression and meaningful outlets for processing life experiences, fostering resilience, and maintaining a sense of purpose—all of which are linked to healthier aging outcomes.



PROGRAM HIGHLIGHTS



1. Writing Workshop

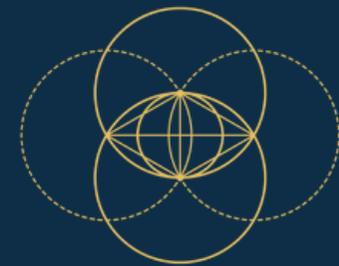
Participants explore personal stories and creative expression through guided writing prompts. Writing can help reduce stress, improve mood, and provide meaningful ways to process experiences. These sessions encourage self-reflection, storytelling, and the power of words to connect people with themselves and others.

2. Strength & Movement Workshop

Gentle, accessible movement practices designed for every body type and ability. Participants can choose between chair-based or mat-based sessions focused on flexibility, balance, and building strength. Movement promotes circulation, reduces pain, and supports long-term mobility and independence.



PROGRAM HIGHLIGHTS CONTINUED



3. Music Listening Session

Live performances by a singer-songwriter with acoustic guitar create space for relaxation, memory recall, and emotional connection. Music is a proven tool for stress reduction, improved mood, and stimulating the brain's pleasure and memory centers.

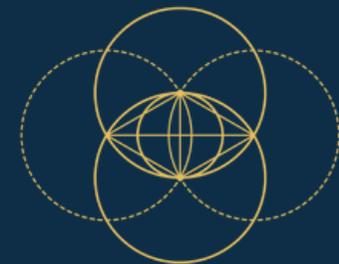
4. Rhythm Workshop

Through djembes, hand-held drums, and percussion instruments, participants engage in group drumming exercises that promote teamwork, reduce anxiety, and improve focus. Rhythmic activities are energizing and grounding, offering both fun and therapeutic benefits.

5. Emotional Wellbeing Session

This session provides practical skills in conflict resolution, stress response, and emotional regulation. People learn tools to manage daily challenges, improve communication, and strengthen mental resilience in a safe, peer-supported environment.

THE BENEFITS



- Improved mental health and reduced stress
- Greater physical mobility and strength
- Increased sense of community and belonging
- Opportunities for self-expression and creativity
- Practical skills to support daily emotional wellbeing

WHY IT MATTERS

Healthy aging is not just about the body—it's about the mind, emotions, and spirit. Veterans and our aging population deserve holistic support that acknowledges their service and honors their unique experiences. By integrating creative arts with wellness practices, this program offers a comprehensive path to thriving in the later stages of life.

NEXT STEPS



We would be honored to partner with your assisted living center to bring The Siotha Project's wellness and arts-based programs directly to your community.

Together, we can create supportive spaces that honor service, strengthen community, and empower people to thrive in every stage of life.

Jenn + Kyle





THE SIOTHA PROJECT

We look forward to connecting with you!

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