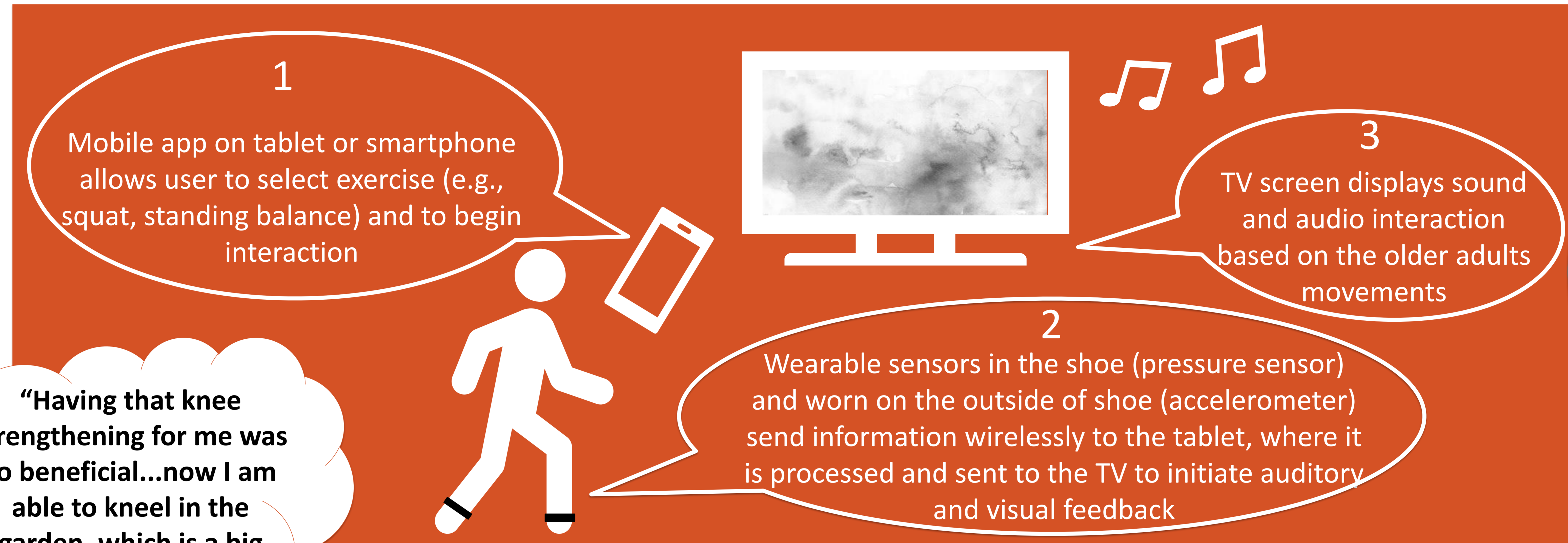




Arts-Based exercise enhancing Longevity

Caitlin McArthur, Paula Gardner, Stephen Surlin, Rong Zheng, Adekunle Akinyema, Alexandra Papaioannou

What is ABLE?



“What I really enjoyed was how you customized the exercises for me.”
Pilot test participant

“Seeing that visual part and hearing that very nice sound...I really enjoyed.”
Pilot test participant

“Having that knee strengthening for me was so beneficial...now I am able to kneel in the garden, which is a big accomplishment.”
Pilot test participant

Progress to date

