

What Happens When Mindfulness Intertwines With Art?

You unlock new possibilities through the transformative drawing method of

NEUROGRAPHICA®

Why should I participate in Neurographica?

● Neurographica enhances brain plasticity, spatial skills, creative thinking, and emotional balance. It promotes mindfulness, self-awareness, and lifelong learning. The program is taught by a Neurographica certified instructor.

How is Neurographica different than other drawing methods?

● You start with a focus on a specific intention related to an emotion or issue you want to improve. You do not replicate objects that already exist, nor prioritize an aesthetic goal. No art experience is required.



Virtual Class
On Zoom

Registration Details

1. Registration is required.
2. Program is 3 classes & orientation.
3. There is no cost to participate.
4. Small class size.
5. Email your first and last name and phone number to:

Email: CCBHevents@miami.edu

Dates and Times: Session 1
Thursdays. 5/21, 5/28, & 6/4
Time 3:00 - 4:30 PM EST

No art experience is required. Program provided by CCBH Outreach. Taught by certified Instructor.
View our Neurographica video at: https://www.youtube.com/watch?v=i36Gb_KEeV4

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Web: UMiamibrainhealth.org



UNIVERSITY OF MIAMI
MILLER SCHOOL OF MEDICINE
COMPREHENSIVE CENTER
for BRAIN HEALTH

Participant Requirements:

- ✓ Supply own supplies of paper, black markers, and colored pencils.
- ✓ Have Zoom skills to navigate signing on, camera on/off, microphone on/off, and view/type in chat box.
- ✓ Able to attend the 3 classes in the program.