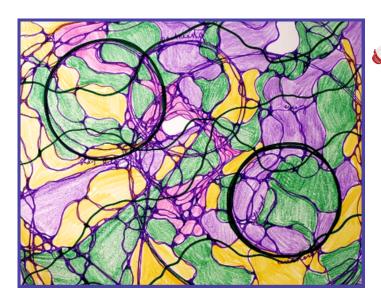
What Happens When Mindfulness Intertwines With Art?

You unlock new possibilities through the transformative drawing method of

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?

Virtual Class

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.

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

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

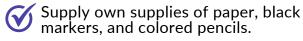
No art experience is required. Program provided by CCBH Outreach. Taught by certified Instructor. View our Neurographica video at: https://www.youtube.com/watch?v=i36Gb_KEeV4

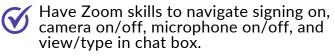
Comprehensive Center for Brain Health

7700 W. Camino Real, Suite 200, Boca Raton, FL 33433 561-869-6828 | Email: CCBHevents@miami.edu Web: UMiamibrainhealth.org



Participant Requirements:





Able to attend the 3 classes in the program.