



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

Engage Thoughts, Set Intentions and Cultivate Awareness with **NEUROGRAPHICA®**

It's brain health, stress reduction, and personal growth. A mindful practice utilizing lines and shapes as tools for expression and setting intentions.

Neurographica enhances brain plasticity, emotional balance, creative thinking, and spatial skills. It promotes mindfulness, self-awareness, and lifelong learning while using drawing as the tool for visioning the future.



- No drawing or 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

Dates and Times: Session 2
Weds. 6/18, 6/25 & 7/2
Time 3:00 - 5:00 PM EST



Participant Requirements

Supply own materials of paper, black markers, and colored pencils.

Able to attend the 3 classes in the program.

Have Zoom virtual meeting skills to navigate signing on, microphone on/off, camera on/off, and view chat box.

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

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