

# NEUROGRAPHICA®

Express Thoughts, Emotions, and Internal Experiences

**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 art experience is required.
- Taught by certified Instructor.
- View our Neurographica video at: [https://www.youtube.com/watch?v=i36Gb\\_KEeV4](https://www.youtube.com/watch?v=i36Gb_KEeV4)



**Dates and Times: Session 3**  
**Thursdays. 7/3, 7/10, 7/17**  
**Time 3:00 - 5:00 PM EST**



- 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](mailto: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](mailto:CCBHevents@miami.edu)  
 Web: [UMiamibrainhealth.org](http://UMiamibrainhealth.org)



UNIVERSITY OF MIAMI  
 MILLER SCHOOL OF MEDICINE

**COMPREHENSIVE CENTER  
 for BRAIN HEALTH**