

# BRAIN AGILITY through Art Programme

**Fridays: 2 February – 8 March 2024**

*Of all the therapies and exercises that can benefit the aging brain, one of the most effective activities can be found in the creation of art. Countless medical studies have shown that taking part in art-related activities can significantly delay the progression of memory problems that come with age. In one neurological study, researchers concluded that those who exercised their creative instincts were 73% less likely to develop mild cognitive impairment. Creativity challenges your brain to solve problems and use the imagination, creating fresh communication channels called dendrites. The result is improved quality of life and in some cases it's the beginning of both psychological and physiological healing of cognitive dysfunction.*

## **In this 6-week Programme:**

You will learn how to engage your brain actively to develop drawing skills and improve brain agility and cognition. Through quick, fun exercises, you will learn to draw anything you want to! .

During this programme you'll learn how to improve the communication between the left and right brain hemispheres, and by improving these neural pathways you will improve your brain function. As you progress through the course you will find that your visual thinking and perceptual abilities improve, and with this practice, you will be able to draw anything from portraits to real-life objects, so that they have the right shape and form.

## **Who should attend this programme?**

Anyone who would like to use art or drawing to improve their brain agility, from absolute beginners to more advanced artists.

## **What you will need for these classes:**

- Apart from the weekly resource references you will be able to download all you will need is a pencil (HB and 2B) and some good drawing paper. Sometimes you may need black or white markers. Do keep all the exercises you do during the programme so that you can see your progress at the end of the programme!
- It's important to create the right environment for yourself, for these exercises to be beneficial. During the online session. You'll need to concentrate well for short periods so make it easy to focus by eliminating any possible interruptions.
- Try to set time for yourself in between the classes so that you can practice the activities and build your cognitive skills.

## **Class Resources:**

Class references will be put up during the class only, as the class activities are spontaneous and should not be printed out or anticipated.