



ArtSparcs:

- Supports brain health through novel experiences and social interaction
- Enhances quality of life through discovery of new ways of thinking
- Increases a sense of accomplishment through a focus on process, not outcome

ArtSparcs is for:

- Lifelong learners who want to stay sharp and minimize the mental effects of normal aging
- Leaders who want to enhance their creative/innovative edge
- Survivors of stroke, brain disease, or injury

SPARCS Method: Strategically Placed Arbitrary Randomized Constraint(S)

The SPARCS Method is a guided process that creates an unlimited array of novel, creative challenges. In a group setting, the SPARCS Method integrates the benefits of enrichment and social interaction to amplify both through art experiments.

ArtSparcs= Experiments + Art

ArtSparcs is based on scientific studies of the neurological benefits of environmental enrichment and novelty.

The SPARCS Method gently challenges the brain to make new connections and forge new thinking pathways. Like aerobics for the brain, ArtSparcs supports mental agility and can add dynamic variety to individual and group wellness programs.

Bring ArtSparcs to Your Community!

To schedule an ArtSparcs session in your area, contact ArtSparcs at (904) 962-1639 or tayloe@artsparcs.com

www.ArtSparcs.com