



Sparc ideas. Ignite possibility.

ArtSparcs Exercises: Hands-on Entertainment

ArtSparcs exercises are based on scientific studies of the neurological benefits of environmental enrichment and novelty. The SPARC Method gently challenges the participant's mind to make new connections and forge new thinking pathways. Like aerobics for the brain, ArtSparcs exercises support mental activity and agility, and can add dynamic variety to individual and group wellness programs.

The SPARC Method: Strategically Placed Arbitrary Randomized Constraints

The SPARC Method offers a guided process to create an unlimited array of fun, creative challenges. The SPARC Method integrates the benefits of environmental enrichment and social interaction to amplify both through experimentation with art processes.

www.ArtSparcs.com

The SPARC Method:

- Supports brain health through novel experiences and social interaction
- Enhances quality of life by helping to discover new ways of thinking
- Increases a sense of accomplishment because the exercises focus on process, not product

ArtSparcs is for:

- People who want to stay sharp and minimize the mental effects of normal aging
- People who have experienced a loss of function due to stroke, disease, or injury
- People who want to find or enhance their creative / innovative edge

Bring ArtSparcs to Your Community!

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

ArtSparcs Community



How it Works

We make it easy to bring ArtSparcs workshops to your community! You secure a space and help spread the word, and the ArtSparcs team handles everything else- from registration to clean up.

ArtSparcs provides you with customized promotional materials for marketing and workshop promotion. Participants register and pay in advance through the ArtSparcs website or by mail. Registration is closed when the workshop reaches capacity (usually ten participants).

The ArtSparcs facilitator arrives an hour before the workshop begins, so space needs to be reserved for a 3 ½ hour block to accommodate time for set up and clean up.

Risk-Free!

There is no minimum number of participants, and as the organizer, you get to attend free of charge. Absolutely no experience in art is required. This workshop is for anyone who wants to strengthen their creative skills!

Life Long Learning

Participants will learn:

- Why thinking inside-the-sphere is the best way to innovate
- The 5 Factors of creativity and how to start strengthening them today
- How using the neuroscience of gambling and the psychology of the playground can enrich brain health

What to Expect

- Two hours of fun in an encouraging, low stress environment
- One-to-one guidance on art processes
- At least two SPARC experiments using a variety of art processes and mediums

Cost

\$75 per participant includes all materials and supplies for the two-hour workshop.