



PROGRAMME

5:30pm

Our Coffee Lounge will be open for guests wanting to chill and socialize.

Wine by the glass available to order.

6:30pm

Welcome & Introduction (10 min)

The premise of art is not a luxury, it is medicine

Restoring Mental Health (25 min)

How art reshapes the brain, builds new neural connections, and supports recovery from anxiety, trauma and depression

Healing the Body (20 min)

How creative engagement reduces cortisol, calms the stress response and restores physical wellbeing

Amplifying Learning (20 min)

How art deepens memory, accelerates neuroplasticity and builds an aesthetic mindset for everyday life

Introduction to Neurographica (10 min)

What it is, where it comes from, and how it works

Invitation to Experience (10 min)

A short guided Neurographica activity — everyone participates

Q&A (10 min)

Open floor for questions and reflection