

Creative Brain Training Workshop by Diego Irigoyen

Incorporating creative brain training into your daily routine can be an excellent supplement to enhance your attention span, memory, and mood.

What to Expect from the Workshop:

- A brief history of creative brain training
- An overview of the basic neurology behind the practice
- Introduction to cursive writing
- Mirror image writing technique demonstration
- Experiential tips and tricks to enhance your practice

Date: Tuesday, October 10, 2023

Time: 12:00 pm - 1:00 pm

Location: Hinderaker 0154

The workshop is free and space is limited to the first 30 people. Please RSVP by scanning the QR code below.

