

DID YOU KNOW "THE INABILITY TO SMILE" OR FACIAL MASKING IS A SYMPTOM OF PARKINSON'S DISEASE?

THE ART CART'S CREATIVITY AND MOVEMENT PROGRAM SPREADS SMILES AND HEALING THROUGH ART TO PEOPLE LIVING WITH PARKINSON'S DISEASE.

SEIZE YOUR DAY|MAKE POSITIVE MEMORIES|INSPIRE YOURSELF AND OTHERS|LOVE|PROMOTE A HEALTHY ENVIRONMENT



Through creativity, positivity, and movement we provide physical and mental stimulation to people living with Parkinson's diseases. The Art Cart travels throughout the USA to be accessible to the PD population. Our program is recognized by various Chapters of The American Parkinsons Disease Association, Parkinson's International Foundation, and we were selected to present a Renewal Room



during the 2016 World Parkinson Congress. Our preliminary study on the impact of creativity and mood on people living with PD is published in the Journal of Alzheimer's Disease and Parkinsonism.

SMILE THROUGH ART WORKSHOPS CONSECUTIVELY OCCUR WEEKLY, MONTHLY, OR AT PD CONFERENCES

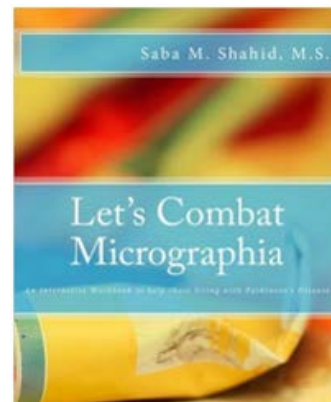
The Art Cart's Smile Through Art Workshop is specifically designed to help those living with PD explore their



creativity by targeting symptomatic areas that are unique to their medical condition. Our program includes modified equipment which has shown to meet the needs of people with PD more successfully than traditional art equipment. Our workshops include activities that will help this population **combat symptoms of PD such as tremors, rigidity of limbs, micrographia, depression, and strengthening fine motor control**. Our Movement portion, encourages our Workshop participants to learn beneficial exercises to help strengthen fine and gross motor movements. Our workshops increase mood, inspire movement, instill community, and promote a healthy environment.

LET'S COMBAT MICROGRAPHIA: AN INTERACTIVE WORKBOOK FOR PD

Let's Combat Micrographia is a published interactive workbook to help improve micrographia or small handwriting. Available on our website, Amazon, and Barnes and Noble!



Interested in learning more or hosting a **SMILE Through Art Workshop**? Visit our website, www.smilethroughart.com, or contact Saba M. Shahid, M.S. at smilethroughart@gmail.com or (203) 565-9647.

