

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 disease (PD). The Art Cart is an internationally recognized program for PD. Our program is recognized by the National Institute of Health, various PD organizations including the American Parkinson Disease Association, Movement Disorder



Specialists, hospitals, and we were selected to present during the 2016 World Parkinson Congress. Our study, published in the *Journal of Alzheimer's Disease and Parkinsonism*, on the impact of creativity and mood proves that our Smile Through Art™ workshops positively increase mood in 96% of our PD participants.

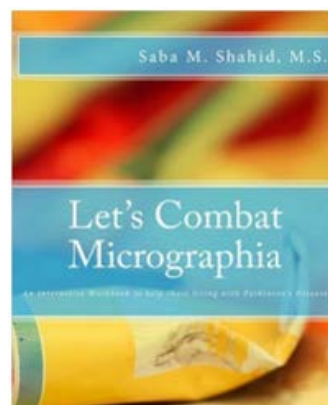
SMILE THROUGH ART™ WORKSHOPS CONSECUTIVELY OCCUR WEEKLY, MONTHLY, OR AT PD CONFERENCES

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 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, combat various symptoms of PD, inspire movement, and promote a healthy environment.



Let's Combat Micrographia™, an interactive workbook to improve small handwriting

Let's Combat Micrographia™ is the only published interactive workbook available internationally to help improve small handwriting. Available on our website, Amazon, and Barnes&Noble! In partnership with the NIH, our Virtual Micrographia Workshop will be available Spring 2019. Visit www.smilethroughart.com/micrographia for more information.



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.

