



## Health and Art (HEART)

*Help the Health with Art  
To Give a Smile to a Beating HEART*

The world is full of defects, but some individuals are there too that never give up trying to tackle defects and to make world a better place to live in.

Seeing ill children could show us that we should start fighting against defects in this world, to raise their hope and keep them positive which then could lead to their wellness.

The group of "Health and Art" (HEART) aims to mix the cooperation of medical doctors and artists in order to help sick children to be strong for treatment, to be hopeful and happy as these are the keys to a good treatment.

Artists can help doctors to boost the children's and their families' moral to be hopeful, happy and loved. The HEART group is an international network, which all members are volunteers who want to help ill people and try to make them happy and hopeful by their presence in health care centers. This group is one of those NGOs that is non-profit and public, which is a part of the Universal Scientific Education and Research Network (USERN).

The main aims of this group:

- \* Providing the art platform to provide better health care*
- \* Providing the context of art to provide better health services in the community*
- \* Informing members of health care centers about the impact and effect of art on health*
- \* Providing chances for sick people to use their body language, and rely on non-verbal communication to express their feelings*
- \* Controlling emotions, reducing anxiety and reducing the pain of patients and their families*
- \* Developing the sense of self-confidence and self-efficiency in sick patients*
- \* Creating a calm, happy and hopeful atmosphere in health care centers*



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