Palm Health Foundation’s Train the Brain Returns with Focus on NeuroArts’ Effect on Human Flourishing

Palm Beach County, FL—This October, Palm Health Foundation’s sixth annual Train the Brain community health campaign returns and serves as a reminder that caring for your brain is just as important as caring for your body. The 2022 campaign, “Celebrating Human Flourishing Through the NeuroArts,” will focus on the convergence between science, the arts, technology and the effects of these experiences on brain, body and overall health.

The NeuroArts represent the convergence between science, the arts and technology.

A former prima ballerina with Alzheimer’s disease listens to Tchaikovsky’s “Swan Lake” and begins to spontaneously perform from her wheelchair, lifting her arms in sync with the choreography stored deep in her brain.

A young woman diagnosed with bipolar disorder uses her artwork to demystify her condition and work through her emotions.

A veteran who suffered a traumatic brain injury manages his epilepsy and PTSD by playing the ukulele.

All support scientific study that has proven that artistic experiences – both observational and experiential – measurably change the brain, body, and behavior, leading to improved physical and mental health, disease prevention, enhanced brain development in children, and more.

New this year, Palm Health Foundation, together with the Cultural Council for Palm Beach County, is promoting a calendar of NeuroArts events. You can find these, and two of the foundation’s keynote Train the Brain events, by visiting https://www.palmhealthfoundation.org/events.

Train the Brain 2022 Keynote Events:

The effect of the arts on health and well-being has long been experienced by generations of people and cultures. But now as science and technological advances allow scientists to see and measure the effect of the arts on the brain, the field of NeuroArts is catching fire.

Palm Health Foundation is hosting a NeuroArts Learning Panel and Lunch at 11:00 a.m. on Tuesday, October 18, at the Max Planck Florida Institute for Neuroscience at One
Max Planck Way, Jupiter, FL. During this free event, attendees will hear from local scientists, artists and community change leaders on the connection between the arts and brain health. Lunch and a self-guided tour of Max Planck's “Images of Science” exhibit will follow the panel discussion.

Panelists include Nicole Baganz, Ph.D., Assistant Director, FAU Stiles-Nicholson Brain Institute and Director of Community Engagement and Programming; Bama Lutes Deal, Ph.D., Cultural Concierge Program Manager for the Cultural Council for Palm Beach County; McLean Bolton, Ph.D., the Research Group Leader in Disorders of Neural Circuit Function at Max Planck Florida Institute for Neuroscience; and Kenya Madison, Ed.S., Senior Director for Healthier Delray Beach, a Palm Health Foundation Healthier Together initiative.

On Tuesday, October 25 from 6:00 pm – 8:30 pm, Palm Health Foundation, in partnership with Tamarack Institute, Tenacious Change, and EJS Project, will present, “Community Celebration,” a celebration of the arts and Palm Beach County culture during Community Change Experience 2022.

This celebration takes place during the three-day Community Change Experience conference. The Palm Beach County community is welcome to join for free to mingle with conference attendees from across North America at the Delray Beach Arts Warehouse, 313 NE 3rd St., Delray Beach, FL 33444. Attendees will enjoy free food, live music and a dance performance provided by Digital Vibez, Inc. and other artistic expression provided by local artists.

“We know instinctively as humans that we are wired for the arts, and scientific studies confirm the many health benefits of exposure to artistic enrichment,” said Patrick McNamara, President and CEO of Palm Health Foundation. “Exploring the neuroarts is a natural extension of our brain health advancement work at the foundation. We and our partners are excited to champion the amazing science and cultural assets we have here in Palm Beach County.”

To learn more about Train the Brain, please visit palmhealthfoundation.org/train-the-brain and follow Palm Health Foundation's social media for weekly brain health tips.

About Palm Health Foundation
Palm Health Foundation is Palm Beach County’s community foundation for health. With the support of donors and a focus on results, the foundation builds strong community partnerships, respects diverse opinions, advocates for its most vulnerable neighbors, and inspires innovative solutions to lead change for better health now and for generations to come. The foundation supports health equity for Palm Beach County residents of all backgrounds, heritage, education, incomes, and states of well-being. Palm Health Foundation has invested more than $89 million in Palm Beach County health since 2001. For more information about Palm Health Foundation, visit palmhealthfoundation.org or call (561) 833-6333.
About *Train the Brain*

*Train the Brain* is one of Palm Health Foundation’s annual community health campaigns and empowers residents to take charge of their brain health. The campaign aims to help Palm Beach County residents understand that taking care of the brain is just as important as taking care of the body. Participants are invited to change their thinking, integrate self-care into their daily routines and show compassion to individuals with acute and persistent mental health conditions.

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