



## Train the Brain 2023 Fact Sheet

### **About the Campaign**

*Train the Brain* is a community health campaign annually presented by [Palm Health Foundation](https://PalmHealthFoundation.org) throughout the month of October. With information and resources provided, participants are encouraged to make changes in their thinking about mental health conditions and adopt brain health habits that integrate self-care behaviors into their daily routines.

**CAMPAIGN GOAL:** Help Palm Beach County residents understand that **taking care of the brain is just as important as taking care of the body.**

### **Train the Brain 2023: Advancing Wellness Through the Neuroarts**

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

*“By helping us understand how and why our brains and bodies respond to art, the field of neuroarts offers scientific evidence that we can treat seemingly intractable problems, such as chronic and degenerative diseases, mental illness, trauma, and addiction, in new ways.” – The Neuroarts Blueprint*

[Source: NeuroArts Blueprint](#)

### **Train the Brain's Call-to-Action**

Palm Health Foundation invites you to three FREE neuroarts events, where you'll experience first-hand how the arts can improve your brain health and the wellbeing of our community.

- ➔ Visit [PalmHealthFoundation.org/Events](https://PalmHealthFoundation.org/Events) to view our calendar of FREE NeuroArts events in October 2023
- ➔ Follow Palm Health Foundation on [Facebook](#), [Instagram](#), [Twitter](#) and [LinkedIn](#) for weekly brain health tips



### **The Neuroarts Fund at Palm Health Foundation**

*The Neuroarts Fund* supports the emerging field of neuroarts and inspires collaboration between Palm Beach County's cultural assets and world-class brain science institutions. Learn more and support the fund at [palmhealthfoundation.org/the-neuroarts-fund](https://palmhealthfoundation.org/the-neuroarts-fund)