



PRESS RELEASE

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Experience How the Arts Can Improve Your Brain Health in October

Palm Health Foundation to offer free events during its October 2023 Train the Brain campaign to show how creative and expressive art experiences can change the brain, body, and behavior, leading to better overall health.

West Palm Beach, FL—[Palm Health Foundation's](#) seventh annual [Train the Brain](#) community health campaign kicks off on October 1, 2023, with the theme, "Advancing Wellness Through the Neuroarts." Three free community events will demonstrate the connections between the brain, body, and behavior while celebrating Palm Beach County's local arts and culture community. The enlightening and interactive events include an art show and symposium demonstrating how local students are connecting to their mental and emotional wellness through art expression, a lunch and learn about the impact of art in public places on community wellness, and a sing-along revealing how our brains react to music.

The goal of *Train the Brain* is to help Palm Beach County residents understand that taking care of the brain is just as important as taking care of the body. By sharing experiences in [the Neuroarts](#)—the study of how the brain and body respond to art—Palm Health Foundation is demonstrating how accessible this form of self-care can be to everyone.

"The arts are all around us, especially in a community as culturally rich as Palm Beach County," said Patrick McNamara, president and CEO of Palm Health Foundation. "The beautiful imagery in our museums and street art, and the music presented on local stages and in our churches bring us joy. We're making the connection to how the arts can benefit our health and wellness by providing free, first-hand experiences to learn about their impact on our brains, bodies, and the wellbeing of our community."

Science has proven that art can work hand in hand with traditional medicine to relieve pain, enhance mental health and learning outcomes, prevent disease, and improve mobility, memory, and speech. Palm Health Foundation is taking the lead in this rapidly growing field by launching the Palm Beach County Neuroarts Collaborative to bring together local leaders in brain science and the arts.

The Collaborative, including the FAU Stiles-Nicholson Brain Institute, the Max Plank Florida Institute for Neuroscience, the Cultural Council for Palm Beach County, and The Palm Beaches, is advancing the neuroarts in South Florida and receiving national recognition as the [NeuroArts Blueprint's](#) first local

Community Arts Coalition Partner. Currently, the Collaborative is working to identify and map local partners, programs, resources, and existing research to support the advancement of neuroarts in South Florida.

The following free *Train the Brain* events are an opportunity to experience what scientists and artists are proving together: the arts are good for your health.

The Art of Learning: A Cross-Curricular Art Show & Symposium

Thursday, October 19, 2023

5:30 pm – 7:30 pm

A free event at A.D. Henderson University School, 777 Glades Road, Boca Raton, FL 33431

Through art expression, Palm Beach County students are diving into topics like brain health and stress management – in a science classroom! Hear from these students, their educators, and a neuroscientist on the connection between art and brain science. Registration includes light snacks and beverages. Presented in partnership with FAU Lab Schools and FAU Stiles-Nicholson Brain Institute.

Register at: palmhealthfoundation.org/events

The Power of Public Art: A Lunch & Learn

Tuesday, October 24, 2023

11:00 am – 1:00 pm

A free event at Boynton Beach Arts & Cultural Center, 125 E Ocean Ave, Boynton Beach, FL 33435
Why are art installations important in urban environments? How does public art impact health and mental wellness? Join this event to explore these questions with local brain health experts and artists and take a tour of exceptional public art! Registration includes a free lunch. Presented in partnership with the City of Boynton Beach and the Boynton Beach Arts & Cultural Center.

Register at: palmhealthfoundation.org/events

The Science of Singing

Thursday, October 26, 2023

5:30 pm – 7:30 pm

A free event at the Cox Science Center and Aquarium, 4801 Dreher Trail N., West Palm Beach, FL 33405

Singing is good for the brain. Collective singing is even better! Join in on a fun sing-along and learn about what happens in our brains when we sing together. Registration includes light snacks and beverages. Presented in partnership with the Mind, Music, and Movement Foundation.

Register at: palmhealthfoundation.org/events

For more information about Train the Brain, please visit palmhealthfoundation.org/train-the-brain and follow Palm Health Foundation on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#) for weekly brain health tips in October.

To further advance Palm Beach County as a hub for brain health, Palm Health Foundation invites donors to contribute to [The Neuroarts Fund](#) which inspires collaboration between Palm Beach County's cultural assets and world-class brain science institutions.

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About Palm Health Foundation

[Palm Health Foundation](http://palmhealthfoundation.org) 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 \$91 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 a community health campaign annually presented by Palm Health Foundation throughout the month of October. The goal of *Train the Brain* is to help Palm Beach County residents understand that taking care of the brain is just as important as taking care of the body. 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.

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