Train the Brain 2021 Fact Sheet

About the Campaign

*Train the Brain* is a community health campaign annually presented by Palm Health Foundation in the month of October. The campaign kicks off on October 1st and ends on the 31st. 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.

*Train the Brain 2021: Connecting Brain Science, Community & Care*

Palm Health Foundation envisions Palm Beach County as a hub for advancing brain health. This hub will develop by connecting scientific research, community supports and quality care. To reach this goal, the foundation is supporting local efforts that deepen the community’s knowledge of brain health, including the impact that brain research will have on residents’ wellness and longevity.

Throughout October 2021, the foundation will promote information that relates scientific research to practical brain health tips that can help build a better brain.

*Train the Brain’s Call-to-Action*

Join Palm Health Foundation for dynamic events where you’ll learn how cutting-edge research is changing what we know about the brain and how to keep it healthy.

➔ Visit [www.PalmHealthFoundation.org](http://www.PalmHealthFoundation.org) to view events happening in October, 2021.
➔ Follow Palm Health Foundation on [Facebook](https://www.facebook.com), [Instagram](https://www.instagram.com), [Twitter](https://twitter.com) and [LinkedIn](https://www.linkedin.com) for weekly brain health tips in October!

*Palm Health Foundation’s Brain Health Innovation Fund*

Palm Health Foundation’s Brain Health Innovation Fund advances new technologies, treatments, resources and educational tools for better brain health in Palm Beach County. Learn more and support the fund at [www.PalmHealthFoundation.org/the-brain-health-innovation-fund](http://www.PalmHealthFoundation.org/the-brain-health-innovation-fund)