ADVANCING WELLNESS THROUGH THE NEUROARTS
The neuroarts is the study of how the arts and aesthetic experiences change the body, brain, and behavior for better health and wellbeing.

FREE NEUROARTS EVENTS IN OCTOBER!

THE ART OF LEARNING: A CROSS-CURRICULAR ART SHOW & SYMPOSIUM
Thursday, October 19 • 5:30 pm - 7:30 pm
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.

THE POWER OF PUBLIC ART: A LUNCH & LEARN
Tuesday, October 24 • 11:00 am - 1:00 pm
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 free lunch.

THE SCIENCE OF SINGING
Thursday, October 26 • 5:30 pm - 7:30 pm
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.

Registration is required for all Train the Brain events
Register at PalmHealthFoundation.org!