

# TRAIN THE BRAIN

Join us for a special event designed to empower caregivers with practical, science-based tips to support brain health and emotional well-being at home.

## For Kids:

- **Yoga** to promote calm focus and body awareness
- **Art Class** to spark creativity and self expression
- **Music Circle** to encourage connection, joy, and brain growth

## For Caregivers:

- Interactive sessions with research-backed strategies for nurturing emotional health
- Guidance from experts on fostering brain health
- Tools you can start using the very same day

Presented in partnership with:



 **Wednesday, October 15, 2025**  
**9:00 AM-12:00 PM**

 **Boynton Beach Arts and Cultural Center**  
125 E Ocean Ave,  
Boynton Beach, FL 33435

 **Snacks and refreshments will be provided**

**This is a FREE event for all ages.**  
**Online booking is required**

