

Register for these FREE Train the Brain events!



Palm Health Foundation is planning for the upcoming [Train the Brain Campaign](#), which takes place from October 1 - 31, 2018. The goal of *Train the Brain* is to change the conversation around brain health by helping Palm Beach County residents understand that **taking care of the brain is just as important as taking care of the body.**

Below are some of the FREE upcoming campaign events -- some require registration and have limited space, so sign up quick!



Shift, Move and Meditate **Saturday, October 6th - 3:00 pm - 4:30 pm**

Join Katherine Wilder and Jill Merrell of the [Merrell Family Foundation](#) as they explore how to simply shift your mindset and body to find more peace, joy and love in your life

Haute Yoga - West Palm Beach
225 Clematis St., Suite 200
West Palm Beach, FL 33401

No registration required

Sleep and Brain Health - A Vital Connection

Thursday, October 11th - 1:30 pm - 3:00 pm

How much quality sleep should an adult get? Sleep experts recommend seven to nine hours a night, but most adults in the U.S. fall slightly short –averaging 6.9 hours each night. More than 70 million American adults have a sleep problem. A good night’s sleep is essential for maintaining good health and well-being. Join us for an interactive program and learn skills to foster brain health to get a good night’s sleep.

Featuring Sheila Griffin, MPA, [Calcagnini Center for Mindfulness](#) and Neal Nay, RPSGT, RST, Manager, the Sleep Center at Jupiter Medical Center

Raso Education Center on Jupiter Medical Center's Campus
1266 S. Old Dixie Hwy
Jupiter, FL 33458

No registration required

The Habit of Happy: An Honest Conversation About Choosing Success

Friday, October 19th - 6:00 pm - 8:00 pm

Ryan Watkin, creative educator and writer, will facilitate a discussion around the basic science of the brain (i.e. where our feelings come from and how they function for us, as humans, on a basic level), strategies for incorporating "happy" into our daily lives, and how to get into a synergistic flow with our thoughts, emotions and actions.

Light bites provided, including a chocolate tasting by Deep Culture Chocolate.

The Book Cellar

801 Lake Ave.

Lake Worth, FL 33460

Registration required - RSVP to info@phfpbc.org

Train the Brain Yin Yoga **Sunday, October 21st - 3:00 pm - 5:00 pm**

Marie, owner of [Soul Space Yoga & Wellness](#), will provide an exclusive, guided Yin yoga experience for *Train the Brain* participants. Yin yoga is a gentle, calming experience that not only stretches the muscles, but also relaxes the mind through meditation. As she takes participants through the poses, Marie will explain the connection between body movement, breath and brain health.

Soul Space Yoga & Wellness

480 Hibiscus St. #109

West Palm Beach, FL 33401

Registration required - RSVP to info@phfpbc.org

Train the Brain Art Meditation Experience Thursday, October 25th - 12:00 pm - 1:15 pm

Ellaine Peck, art therapist and master level clinician, will guide attendees through a visual journaling workshop. Visual journaling is designed to allow participants to take a "brain break" and express their emotions without words. Participants will come away from the experience with a new self-care technique that they can bring into their daily lives to help reduce stress and maintain calm.

Light lunch and art supplies provided.

**Palm Healthcare Pavilion, Board Room on 2nd floor
5205 Greenwood Ave.
West Palm Beach, FL 33407**

Registration required - RSVP to info@phfpbc.org

There are many more events listed on our *Train the Brain* website - [click here](#) to view them!

Thank you to our *Train the Brain* presenting sponsor:

MERRELL FAMILY
FOUNDATION

Thank you to our Better Brain Health luncheon presenting sponsor:

 **JUPITER MEDICAL CENTER**
Calcagnini Center for Mindfulness

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