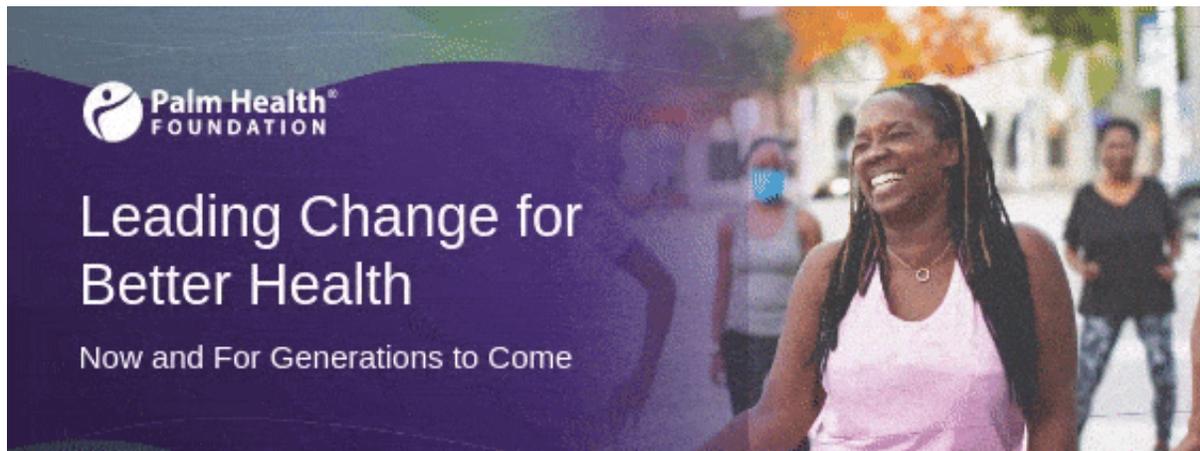


[View this email in your browser](#)



Advancing Wellness Through the Neuroarts

This October, Palm Health Foundation invites you to attend three free neuroarts events, where you'll experience first-hand how the arts can improve your brain health and the wellbeing of our community.

The Neuroarts Tapestry

***“The arts speak to us. Connect us.
And Restore us, uniting us in our
humanity...”***

The [Palm Beach County Neuroarts Collaborative](#) is building the local field of [neuroarts](#), which is helping us understand what happens to our brains as we experience art in its many forms. With that understanding, we can creatively



Advances across Palm Beach County are allowing us to better understand what happens to our brains during arts experiences and how to work with that information to ease a wide range of physiological and psychological symptoms.

address numerous psychological and physiological challenges.

Learn about how our community is already connecting the arts and aesthetic experiences to better health and wellness in the October issue of [*The Well of PBC*](#).

[Read More](#)

Upcoming Train the Brain Events

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.***

[Register](#)

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.***

Register

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.

Register

Registration is required for all *Train the Brain* events.

Register at [PalmHealthFoundation.org](https://www.palmhealthfoundation.org)!



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!



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Train the Brain events presented in partnership with:



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



Register for Events

[ABOUT TRAIN THE BRAIN](#)

Neuroarts Nugget

Dancing can improve brain health, brighten mood, and trigger the release of dopamine and other "feel good" hormones. The next time you're stuck in a negative funk, feeling anxious, or just having a rough day, why not turn up the music and dance--turns out, we're wired for dancing!



#PBCNeuroartsCollaborative #TraintheBrainPBC

The Neuroarts Fund at Palm Health Foundation

The Neuroarts Fund supports the emerging field of neuroarts and inspires collaboration between Palm Beach County's cultural assets and world-class brain science institutions. Learn more and support the fund at palmhealthfoundation.org/the-neuroarts-fund – your gift will be matched, dollar-for-dollar!

Give Now

Join Us in Leading Change

***Together, we can lead change for better health in Palm Beach County.
Thank you for your support.***



For further details, contact Carrie Browne, Director of
Stewardship & Strategic Partnerships
carrieb@phfpbc.org
(561) 837-2281

Give Now

Join the *Train the Brain* Social Media Challenge!

Our [Train the Brain](#) social media challenge is designed to showcase how community uses the arts for brain health and wellness! Participation is easy:

- Post a photo representing how you use or experience art to support your personal health and wellness.
- Ex: A selfie of you listening to music, dancing, or visiting a museum!
- You can also include this social media image! [right click to save]



**JOIN ME THIS OCTOBER!
I'M TRAINING MY BRAIN THROUGH THE ARTS!**



31-DAY CHALLENGE



#TrainTheBrainPBC

- Encourage others to join you by tagging them in your post!
- Tag @PalmHealthFoundation and #TraintheBrainPBC so we can share far and wide.

Add to Your Calendar



HOSTED BY



FOR NEUROLOGICAL DISORDERS

Fall Series

www.m3f.org



Thursday, Oct. 12th @12pm

CHRISTINA ROMANI PIERSOL

Brain Donation: Think About It

Christina manages the business operations donor services at the University of Miami Miller School of Medicine. She will speak about Parkinson's disease and healthy brain aging and explain the benefits of brain donation.



Wednesday, Nov. 15th @12pm

DR. ARIF DALVI

DBS or focused ultrasound? What will work best and when?

Arif Dalvi, MD, MBA, is the Director of the Comprehensive Movement Disorders Program at Palm Beach Neuroscience Institute. He will compare the steps and benefits of DBS surgery and focused ultrasound surgery.



Thursday, Dec. 14th @12pm

ANNE B. STERNLICHT, CFED®

The Well-Prepared Spouse

Join Anne B. Sternlicht, Managing Director of JP Morgan Private Bank for an educational discussion of financial, investment and trust planning basics. In a world of too much information, how do we know what is important to help our families prepare for the unexpected.

JPMorgan Chase Bank, N.A. and its affiliates (collectively "JPMCB") offer investment products, which may include bank-managed accounts and custody, as part of its trust and fiduciary services. Other investment products and services, such as brokerage and advisory accounts, are offered through J.P. Morgan Securities LLC ("JPMS"), a member of FINRA and SIPC. Annuities and other insurance products are made available through Chase Insurance Agency, Inc. (CIA), a licensed insurance agency, doing business as Chase Insurance Agency Services, Inc. in Florida. JPMCB, JPMS and CIA are affiliated companies under the common control of JPMorgan Chase & Co. Products not available in all states.

Only \$20 each event (includes lunch). Must RSVP online m3f.org/events, call (561) 510-8611, or email info@m3f.org.

Location: 2726 Burns Rd., Palm Beach Gardens, FL 33410

Follow Palm Health Foundation on [social media](#) for weekly brain health tips!

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