

[View this email in your browser](#)



Advancing Wellness Through the Neuroarts



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.

Train the Brain events presented in partnership with:



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



This October, join Palm Health Foundation for three [FREE neuroarts events](#), where you'll experience first-hand how the arts can improve your brain health and the wellbeing of our community.



[Register for Events](#)

[ABOUT TRAIN THE BRAIN](#)

Mental & Behavioral Health Scholarship Funds Match

September 1, 2023 - October 31, 2023



From **September 1 to October 31, 2023** Palm Health Foundation is offering an exciting opportunity to double your philanthropic impact. All donations to our Mental and Behavioral Health Professions Scholarship Funds will be matched dollar-for-dollar.

We invite you to join us in supporting our local mental health workforce and overall community wellness.

Give Now

Data from [Kaiser Family Foundation](#) shows the current supply of Florida's working mental health professionals meets only 19% of the state's need. The pandemic caused [an increase in anxiety, depression, and demand for services that continues.](#)

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@phfabc.org

(561) 837-2281

Give Now

Copyright © 2023 Palm Health Foundation, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).