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Of PBC

Because Every Age Deserves a Healthy Mind

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Healthy Aging in Boynton Beach

By Bentoria Murray, Program Manager Healthier Boynton Beach

Living longer is good, but living better is the goal. Thanks to a new Healthy Aging grant from the CVS Health Foundation, Healthier Boynton Beach is expanding its mission to help older adults and caregivers thrive. From wellness workshops and caregiver respite to community events that combat isolation, this initiative is reimagining what aging with dignity and connection looks like.

[Link to Article](#)



More Than Art: Rewiring the Brain Stitch by Stitch

By Sandra Raffaelli, Founder & CEO, aZul - Fashion, Art & Design, Inc.

What if creativity could literally rewire the brain?

At **aZul-Fashion, Art & Design**, young adults with developmental disabilities are proving that it can. Through textile arts and sustainable fashion, participants rediscover confidence, connection, and independence...one stitch at a time.

[Link to Article](#)



Where Play Meets Purpose:

Nurturing Brain Health Through the Power of Play

By Miriam Naranjo, Executive Director, Schoolhouse Children's Museum

At the Schoolhouse Children's Museum in Boynton Beach, every giggle, splash, and spark of curiosity is shaping something far deeper than fun—it's building the foundation for lifelong brain health.

For more than 20 years, this beloved community treasure has been turning play into purpose, giving Palm Beach County's youngest learners the tools to grow confident, creative, and emotionally resilient. Behind every hands-on exhibit and messy science experiment lies a powerful truth: play isn't just play, it's how developing brains learn to thrive.

[Link to Article](#)

Meet the Neighbors Transforming Mental Health in Palm Beach County



Mental Health is a Neighborhood Affair

A new feature from the Aspen Institute shines a national spotlight on **BeWellPBC's Community Connectors**, local residents who are reshaping how we think about mental health, one conversation at a time.

Across Palm Beach County, these Connectors are trusted neighbors, faith leaders, parents, and friends the people everyone knows and turns to when things get tough. They listen, check in, and bridge residents to care, support, and resources that strengthen whole communities.

From front porches to church parking lots, **Community Connectors** are reducing stigma, building trust, and creating belonging. Their work reminds us that mental health doesn't just live in clinics or systems, it lives in community.

[Meet Your Community Connectors](#)

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