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Leading Change for Better Health

Now and for
Generations to Come



Train the Brain 2025 Brain Health Across the Lifespan

Launching this week!

Why Focus on Brain Health Across All Ages?



- From birth to old age, brain health impacts the U.S. economy and society through **direct medical costs**, **caregiving demands**, and **lost productivity** that accumulate gradually but become most pronounced in late life.
- **Early-life brain development** and **midlife health management** play critical roles in shaping brain resilience that can reduce these costly

- By prioritizing brain health from **before birth through old age**, we can prevent or delay many neurological issues.

Brain Health in Pre-Conception and Pregnancy



Your Baby's Brain Health Starts Here

A mother's health and nutrition—even before getting pregnant—can significantly affect her future baby's brain development.

Brain Health Tip:

- Taking folic acid supplements starting at least three months before conception drastically lowers the risk of serious brain and spinal cord defects in the baby.
- [Research also shows](#) that a mother's mental health before and during pregnancy can shape her baby's brain health and later risk for cognitive

- Women with poor mental health pre-conception face higher rates of pregnancy complications and less favorable birth outcomes, underlining the importance of emotional and mental wellbeing before conception as well as during pregnancy.

PHF Partners Taking Action:



Healthy Mothers, Healthy Babies' Stronger Together program is designed to improve Black and Haitian maternal health in Palm Beach County by certifying and matching doulas with pregnant clients who have cultural similarities.

A doula (doo-luh) is a community-based individual who provides continuous social, emotional, and educational support to a mother during pregnancy, childbirth, and the postpartum period, positively affecting both the mother's and the baby's brain health.

Palm Health Foundation is spotlighting opportunities for you to connect with local brain health champions, access practical, science-backed information, and take meaningful steps to support brain health for yourself, your family, and your neighbors —at every age and stage of life.

Free October Events

Resiliency

Discover the hidden impact of stress on the body, brain, and behavior before sampling proven arts-based techniques for helping your brain return to its calmer state (homeostasis).

Learn new ways to build emotional resiliency through free-association drawing, contemplative art gazing, poetry, music, rhythmic movement, and mindfulness practices—there's something for everyone! Includes coffee and refreshments, panel discussion, and interactive neuroarts experiences.

When: Wednesday, October 8, 2025, Refreshments at 9:00 am, Event start at 9:30 am - 11:30 am

Where: Armory Art Center, 811 Park Pl, West Palm Beach, FL 33401

Registration: Free and open to the public. **Seating is limited** - Registration required

Contact info@phfpbc.org with event questions.

Register



Neuroarts, Stress Management & Emotional Resiliency

PRESENTED BY PBC NEUROARTS COLLABORATIVE

Learn simple, science-supported arts practices for building emotional resilience and supporting brain health.

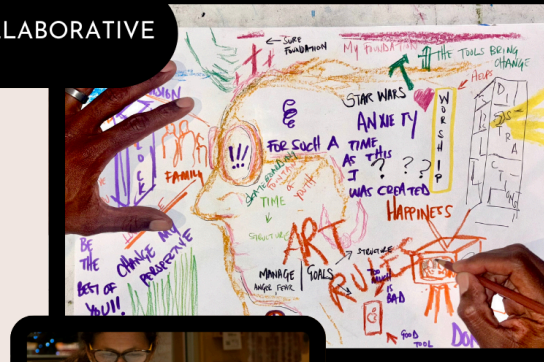
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- Coffee & Refreshments
- Panel Discussion
- Interactive neuroarts experiences

October 8, 2025
9:00 am - 11:30 am

Armory Art Center
811 Park Place
West Palm Beach, FL 33401



**FREE
EVENT**

Limited Spots!

REGISTER

PalmHealthFoundation.org/Events

Workshop Series: The Art of Care

For caregivers and community members over the age 60 who wish to learn easy and creative ways to focus on self-care to bring more balance to daily life through music, movement and visual art making.

Practical strategies to boost brain health and reduce stress

- *No registration required*
- *Participants can attend 1 class or all; No previous art experience is needed*
- *For more information or questions, contact: Ricky Petty (561) 635-8785*

Workshops: October 9th, 16th, 23rd

2:00 pm - 3:00 pm

Carolyn Sims Center

225 NW 12th Ave., Boynton Beach, FL 33435

Community Showcase: October 30th, 6:00 pm







THE ART OF CARE

FREE ART & DANCE CLASSES AGES 60+

- Music & Movement
- Brain Boosting Activities
- Arts & Crafts
- Community Showcase

THURSDAYS · 2PM

OCT 9 · OCT 16 · OCT 23

SHOWCASE · OCT 30 6PM



Carolyn Sims Center

225 NW 12th Ave Boynton
Beach, FL 33435

Train the Brain with Schoolhouse Children's Museum

An event for parents and children, designed to empower caregivers with practical, science-based tips to support brain health and emotional well-being at home. Kids will enjoy yoga, an art class, and music circle, while parents and caregivers engage in interactive educational sessions with experts from Center for Child Counseling.

When: Wednesday, October 15, 2025, 9:00 am - 12:00 pm

Registration: Free and open to the public. **Spots are limited** - Registration required

Register



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



www.schoolhousemuseum.org 561-742-6780

Brains Explained

Join Dr. Nicole Baganz for a fun, 30-minute “Brains Explained” session. In a relaxed, conversational style (with simple, visual slides), she’ll explore how the brain changes over time, the science of neurogenesis, and what research reveals about everyday activities (like meditation, breathing, sleep, exercise, and more) that shape brain health and resilience. Along the way, she’ll also dispel a few common brain myths, making brain science accessible and engaging for all.

When: Thursday, October 16, 2025, 6:00 pm - 8:00 pm

Where: Coastal Karma Brewery, 796 10th St. #798, Lake Park, FL 33403

Registration: Free and open to the public. **Spots are limited** - Registration required

[Register](#)

Brains Explained
Community Talk Series

Brain Fitness for Life:
The Science of Healthy Minds at Any Age

Thursday, Oct. 16
6 p.m.

Coastal Karma Brewery
796 10th St #798
Lake Park, FL 33403

Register
bit.ly/467YJg

Nicole Baganz, Ph.D.
Director, Community Engagement
and Programming
Assistant Director,
FAU Stiles-Nicholson Brain Institute

Free Event!

Sponsored by:
Palm Health
FOUNDATION

FLORIDA ATLANTIC UNIVERSITY
Stiles-Nicholson
Brain Institute

Arts on the Muck for Glades Elders

Celebrating community, creativity, and cognitive wellness - The Muck Way! Event will engage seniors in arts activities, memory boosting games, music and movement, and more, during a football-themed afternoon. Attendees are encouraged to wear their favorite Muck Bowl football team colors—maroon and gold or royal blue and white.

Place, Belle Glade, FL 33430

Registration: None required

Contact annie.glades@htpbc.org with event questions.



ARTS ON THE MUCK



A Fun Day of Brain-Stimulating Activities for Seniors!

October 22, 2025
11AM-2PM

Lois Lewis/Mary O. Evans Community Center
1224 SW Avenue E Place; Belle Glade, FL

Join us for a football-themed afternoon filled with:

- Engaging arts & crafts
- Memory-boosting games
- Music & movement
- Tailgate-style refreshments
- Prizes, fun, and friendly competition!



Wear your favorite football team colors!

MAROON AND GOLD

ROYAL BLUE AND WHITE



This event is FREE!

Let's celebrate community, creativity, and cognitive wellness — the Muck way!

For more information, contact:

Annie Ifill, Project Director healthierglades@htpbc.org or (561) 685-4829



Body, Mind & Brain: Lessons Across the Lifespan

resiliency. Hear from prominent, front-line brain researchers from across the country whose exciting work is revealing the significance of body-brain connections throughout life, with lessons that can improve and sustain brain health. Includes interactive sessions, refreshments, and lunch.

When: Saturday, October 25, 2025, 9:00 am - 1:00 pm

Where: FAU Stiles-Nicholson Brain Institute, FAU Jupiter Campus, 5353 Parkside Drive, Jupiter, FL 33458

Registration: Free and open to the public. **Seating is limited** - Registration required

[Register](#)



FLORIDA ATLANTIC UNIVERSITY
Stiles-Nicholson
Brain Institute

TRAIN THE BRAIN: *Neuroscience Community* Conversation

Saturday, Oct. 25
9 a.m. to 1 p.m.

Doors open at 8 a.m.
Program begins promptly at 9 a.m.



Body, Mind & Brain *Lessons* Across the Lifespan

Florida Atlantic University's Stiles-Nicholson Brain Institute invites you to attend an exciting, half-day **Train the Brain Community Conversation** to explore how body and brain collaborate to support brain function, health and promote resiliency.

Hear from **prominent, front-line brain researchers from across the country** whose exciting work is revealing the significance of body-brain connections throughout life, with **lessons that can improve and sustain brain health**.



This event is presented with support from Palm Health Foundation as part of the **Train the Brain** series.

**INTERACTIVE SESSIONS
REFRESHMENTS &
LUNCH!**



Register Required!

Scan or visit www.fau.edu/brain.



View the full line-up of
speakers and topics.
Registration is free.



Stiles-Nicholson Brain Institute

on FAU's John D. MacArthur Campus in Jupiter



Directions & parking



Body, Mind & Brain

Lessons Across the Lifespan

The Immune System and Brain Development: Two Systems that Shape Life-Long Health
Staci Bilbo, PhD

What the Placenta Tells the Baby's Brain
Alexandre Bonnin, PhD

Can Treating Inflammation Treat Depression?
Jennifer Felger, PhD

The Origins of Autism: A Moving Story of Mother and Child
Judy Van de Water, PhD

Can Gut Microbes be Harnessed to Treat Brain Diseases?
Brittany D. Needham, PhD

The Role of Exercise in Memory and Brain Health
Henriette van Praag, PhD

Searching for Resiliency Against Neurodegenerative Disease: The Shape of Things to Come?
Corinne Lasmézas, DVM, PhD

For Scientists & Trainees: A Neuroscience Symposium



Stiles-Nicholson
Brain Institute

Inaugural

TRAIN THE BRAIN: *Neuroscience Research* Symposium

Scientists and trainees of the **Stiles-Nicholson Brain Institute** and **Program In Neuroimmunology and Glial Biology** invite you to attend a day-long symposium featuring national experts on mechanisms by which body and brain collaborate to impact brain function and health.

Friday, Oct. 24 | 10 a.m. to 5 p.m.

FAU Stiles-Nicholson Brain Institute
Includes lunch and refreshments

Registration required.



Scan

Visit

<https://tinyurl.com/ttb-neuroscience>

Body, Mind & Brain *Listening in on a Lifelong Conversation*

Expert Speakers

Staci Bilbo, Ph.D., *Duke University*

Alexandre Bonnin, Ph.D., *Keck School of Medicine, University of Southern California & Children's Hospital of Los Angeles*

Jennifer Felger, Ph.D., *Emory University School of Medicine*

Paula Gajewski, Ph.D., *FAU Stiles-Nicholson Brain Institute*

Brittany Needham, Ph.D., *Indiana University School of Medicine*

Daniel Nemeth, Ph.D., *FAU Stiles-Nicholson Brain Institute & Schmidt College of Medicine*

Judy Van de Water, Ph.D., *MIND Institute and University of California Davis*

Henriette van Praag, Ph.D., *FAU Stiles-Nicholson Brain Institute & Schmidt College of Medicine*

Keynote Speaker

Corinne Lasmézas, DVM, Ph.D., *Stiles-Nicholson Brain Institute & Schmidt College of Medicine*



Palm Health
FOUNDATION

This event is presented with support from Palm Health Foundation and the Center for the Resilient Mind.

Body, Mind & Brain

Listening in on a Lifelong Conversation

Neural-Glial Interactions in Neural Development: Implications for Life-Long Health
Staci Bilbo, PhD

"Neuroplacentology"- Pathophysiological Mechanisms of the Fetal Programming of Neurological Disorders
Alexandre Bonnin, PhD

Inflammation Effects on Dopamine and Reward Circuitry: Relevance to Depression
Jennifer Felger, PhD.

Molecular Crossfire: The Role of Maternal Autoantibodies in Autism Spectrum Disorder
Judy Van de Water, PhD

Gut Microbial Metabolites Changing the Brain
Brittany D. Needham, PhD

The Role of Muscle in the Effects of Exercise on Neurogenesis and Memory
Henriette van Praag, PhD

Blues' Clues? Modeling the Inflammation-Serotonin Connection
Paula Gajewski, PhD

Neuroanatomical Mapping of IL-1 β and IL-1R1 Expression in the Healthy and Inflamed brain
Protein Folding, Cellular Bioenergetics, and Healthy Aging of Body, Mind and Brain
Dan Nemeth, PhD

Protein Folding, Cellular Bioenergetics, and Healthy Aging of Body, Mind and Brain
Corinne Lasmézas, DVM, PhD

About *Train the Brain*:

This annual community health campaign takes place from October 1 – 31 with the goal of helping Palm Beach County residents understand that **taking care of the brain is just as important as taking care of the body.**

Throughout *Train the Brain* month, Palm Health Foundation promotes brain health messaging and resources, and the community is invited to free experiential and educational events.

Train the Brain

**Double Your Gift in Support
of a Local Scholar**



From September 1 to October 31, Palm Health Foundation is matching every donation to our [Scholarship Fund for Mental Health Professions](#) and all behavioral health scholarship funds—dollar-for-dollar—up to \$10,000!

Together, we can support the future of behavioral health and make your contribution go twice as far.

[Give Now](#)

Match Program Details

- **Matching Period:** September 1, 2025 – October 31, 2025
- **Matching Promise:** Donations matched dollar-for-dollar, up to \$10,000
- **Fund Eligibility:** Open to contributions toward existing funds and the establishment of new ones

Any gift to a Palm Health Foundation scholarship fund supports the dreams of students whose lived experiences have led them to dedicate their lives to providing patient-centered care, with dignity for those they serve.

Ways to Double Your Donation

- **Give to an Existing Scholarship Fund** - By making a gift to any of the scholarship funds we administer, you can help ensure that award amounts increase to meet rising education costs:
 - [The Scholarship Fund for Mental Health Professions](#)
 - [The Koehn Family Fund](#)
 - [The Mike McNamara Scholarship Fund](#)
- **Create your own named Scholarship Fund** - By [establishing a uniquely named scholarship fund](#), you can help students further their education. Palm Health Foundation partners with individuals, families, professional advisors, corporations, and nonprofit organizations to transform the lives of deserving students through the gift of higher education.
- **Expand Your Reach** - Share the opportunity within your personal network to help increase educational awards.

Give Now

Learn more about Palm Health Foundation's health advancement work by reading our [Stories of Impact!](#)

Palm Healthcare Foundation, Inc., dba Palm Health Foundation, is a 501(c)(3) nonprofit organization, EIN: 59-2391119.

Contributions are tax-deductible to the extent allowed by law. Florida Registration #CH3655.

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