

Neuroarts, Stress Management & Emotional Resiliency

PRESENTED BY PBC NEUROARTS COLLABORATIVE

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

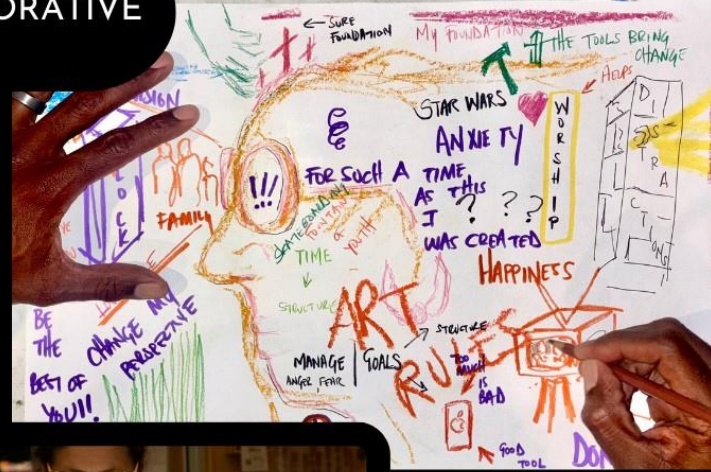
Discover the hidden impact of stress on the body, brain, and behavior before sampling proven arts-based techniques for helping your brain return to its calmer state (homeostasis).

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!

- 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