

THE WELL

Of PBC

THE WELL

THE RESOURCE FOR BEHAVIORAL HEALTH AND WELLNESS
OCTOBER/NOVEMBER 2025

Of PBC

Composing:
Making Space for
Your Creative Spirit

More Than Art:
Rewiring the Brain
Stitch by Stitch

**Where Play
Meets Purpose:**
Nurturing Brain Health
Through the Power of Play

**Nurturing the Mind,
Honoring the Heart:**

A Community Approach
to Better Brain Health
in Palm Beach County

**The Brain Coast's
Ripple Effect:**

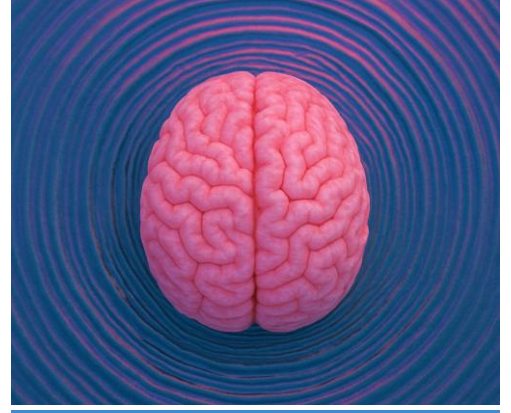
Riding the Wave for
Health and Well-Being
Through Every Life Stage

Plus: Healthy Aging Grant at Healthier Boynton Beach • Every Mom Deserves a Village
• From Scholarship to Service: How a Palm Health Foundation Nursing Scholar is
Advancing Geriatric Memory and Wellness Care in Palm Beach County

Our October/November 2025 issue of ***The Well of PBC*** puts brain health front and center, with real-world ideas you can use at any stage of life and stories of local partners moving solutions forward across Palm Beach County.

Feature Story: The Brain Coast's Ripple Effect:

Riding the Wave for Health and Well-Being Through Every Life Stage, by Patrick McNamara of Palm Health Foundation shows how brain health drives learning, emotions, decision-making, and resilience. You'll see why starting early matters, how healthy habits protect the brain, and how a countywide "Brain Coast" movement is helping residents thrive from pre-conception through later years.



[Click the photo to read the full story.](#)

Everyday Practices We Can All Try:

- Challenge your mind: read, play strategy games, learn a skill.
- Stay connected: lean on friends, family, and community.
- Manage stress: journaling, faith practices, counseling, and quiet time.
- Move your body: walking, dancing, or any activity you enjoy.
- Prioritize sleep: aim for 7–9 hours and wind down before bed.
- Nourish well: choose fiber-rich foods and omega-3s (think salmon, nuts, seeds).

The Well of PBC is an online publication focused on Palm Beach County. The mission of *The Well of PBC* is to become the primary resource for behavioral health and wellness for Palm Beach County, a safe exchange space for community, and an outlet for our neighbors and stakeholders to transform the behavioral health landscape.

Thank you for being a part of our shared vision: a welcoming space where everyone's voice is heard and where we all work together to shape a brighter, healthier future.

Please visit our social media channels and share your stories of how you are connecting and empowering wellness within Palm Beach County!

Support this local publication by subscribing to receive future issues and updates. And don't forget to share this publication with your family, friends, co-workers, and neighborhood, and ask them to subscribe and share as well.

We believe in creating spaces where everyone's voice matters. If you're moved by these stories or want to contribute your own, email us at thewell@bewellpbc.org.

Let's keep building a supportive network across Palm Beach County!

Click here to subscribe and visit [The Well of PBC](#).

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The Well of PBC would like to offer individuals, business owners, organizations, community funders, and city and county entities the opportunity to sponsor an issue, feature, or purchase an advertisement. Become a resource and pour into The Well.

For more information contact Katrina Blackmon

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