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Exploring **Creativity** at the Intersection of Music, Brain Health, and Aging

Wednesday, May 13, 2026

6:30 PM Doors Open
7 - 9 PM Performance & Panel Discussion

The Chapel at the Good Shepherd
4649 Sunnyside Ave N, Seattle, WA 98103

About the event

Please join us for an immersive evening featuring live music from the Seattle Chamber Music Society's String Quartet-in-Residence the Balourdet Quartet, alongside perspectives from a neuroscientist and neuropsychologist.

Through a dynamic performance by the quartet and conversation with the panel afterward, the program will explore how music shapes cognition and well-being across the life course, and what it may offer us individually and collectively as we grow older.

The critically acclaimed Balourdet Quartet, who recently made their Carnegie Hall debut, will speak from their lived experience as professional musicians, reflecting on creativity, collaboration, and how they think about making music that connects with diverse audiences of all ages.

Light refreshments provided.

RSVP: luma.com/pr93irn4

An Experiential Concert and Conversation with the Seattle Chamber Music Society String Quartet-in-Residence

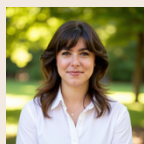


The Balourdet Quartet | Photo Credit: Chona Kasinger

Panelists



Andrea Stocco, PhD
Associate Professor of Psychology
University of Washington



Lama Sibai, PsyD, MA
Chief Medical Officer & Co-Founder
Nolia Health

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