TRAIN THE BRAIN

OCTOBER 2021

CONNECTING BRAIN SCIENCE, COMMUNITY & CARE

Join Palm Health Foundation for two dynamic events this October! At these free virtual events, you'll learn how cutting-edge research is changing what we know about the brain and how to keep it healthy.



Arthur Evans Jr., PhD, CEO, American Psychological Association

The New Frontier: The Science Behind Better Brain Health

Tuesday, October 5, 1:00 pm-2:00 pm

Join us on Zoom and Facebook Live!

Palm Health Foundation and the FAU Stiles-Nicholson Brain Institute have an exciting announcement to make! Hear about advancements underway in the local brain science field and learn from the CEO of the American Psychological Association, Dr. Arthur Evans, as he provides a framework for how we can take neuroscience tools and strategies and best apply them to promote the mental wellness of the whole population.

Register at ***www. PalmHealthFoundation.org/Events***



Amishi Jha, PhD, Professor of Psychology, University of Miami

The Power of Attention: Finding Presence & Purpose

Tuesday October 19, 1:00 pm - 2:00 pm

Join us on Zoom and Facebook Live!

Research shows that we are missing 50% of our lives. Why? Because we aren't paying attention. External demands on our attention are higher than ever, and as a result, we feel mentally foggy, scattered and overwhelmed. Hear from acclaimed neuroscientist Amishi Jha, PhD, as she scientifically determines how we can harness the full power of our attention to better meet what life demands.

Register at ***www. PalmHealthFoundation.org/Events***

60 attendees will win a copy of Dr. Jha's NEW book, Peak Mind

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www. PalmHealthFoundation.org

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