



MASSACHUSETTS  
GENERAL HOSPITAL  
HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

**BRAIN  
HEALTH  
INITIATIVE**



ACADEMY FOR  
BRAIN HEALTH  
AND PERFORMANCE

## BRAIN HEALTH BOOST-A WEEK IN REVIEW

### The Week in Review (April 20-25)

The Brain Health Initiative's **Brain Health Boosts** are designed to increase your brain and physical health while fighting illness. They intend to provide you with information, activities and tips for promoting and protecting your brain and body health.

In case you missed any **Brain Health Boosts**, here is a recap of this week's posts and where to find them.

- **Brain Health Boost posts:** [brainhealthinitiative.org/brain-health/brain-boosts/](https://brainhealthinitiative.org/brain-health/brain-boosts/)
- **Brain Health Boost Facebook events:** [www.facebook.com/LakewoodRanch](https://www.facebook.com/LakewoodRanch)
- **Brain Health Boost Lakewood Ranch sponsored events:** [mylwr.com/](https://mylwr.com/)

#### Monday

- **Brain Health Boost:** [Arts: Experiencing, Appreciating and Creating](#)

#### Tuesday

- **Brain Health Boost:** [Laughter Boosts Brain Health](#)

#### Wednesday

- **Brain Health Boost:** [Part 3 Food for Mood, Thought and Staying Healthy: Brain Healthy Snacks](#)
- **Brain Health Boost:** COVID-19 Webinar 12pm, [Supporting College Student Mental Health During COVID-19](#), Dr. Caitlin Nevins, director of psychological services for Mclean College Mental Health Program

#### Thursday

- **Brain Health Boost:** [Reframing—Thoughts and Words Really Do Matter](#)

#### Friday

- **Brain Health Boost:** [Music and Film to Boost Brain Health: Perseverance in the face of adversity](#)
- **Brain Health Boost:** COVID-19 Webinar- Friday April 24, 12pm, [Supporting Child and Teen Mental Health During COVID-19](#), Dr. Lisa Coyne, assistant professor of psychology in the Department of Psychiatry, part-time, At Harvard Medical School and senior clinical consultant at the Child and Adolescent OCD Institute at for Mclean Hospital.

## ONGOING EVENTS



- [Art Works Anywhere](#), sponsored by Van Wezel  
Van Wezel Professional Teaching Artists create simple, how-to videos. New videos are posted to the channel weekly. Whether it's for creative expression, or to support school-based learning online, #ArtworksAnywhere is a perfect way for families to engage and learn together.
- Every Tuesday at 10 am through April  
**Brain Health Boost:** 10 am: Facebook [Mindful Moment](#) in partnership with Lakewood Ranch: 10-15 minute Mind-Body experience (recorded and can be viewed anytime)
- Tuesday 1pm, April 28  
**Brain Health Boost:** [Create for Care-Art Projects for Kids](#): hosted by Kori Clark Design, sponsored by Lakewood Ranch
- Consider placing a pick-up or delivery order from one of the [Lakewood Ranch Farmers' Market vendors](#) or visit the [farmers' market Pinterest](#) page for healthy recipe ideas.
- Every Wednesday at 7pm through April  
**Brain Health Boost:** [Ranch Nites: Virtual Happy Hour](#)-Live stream performance by local musicians
- Every Thursday at 7 pm through April  
**Brain Health Boost:** Facebook Live, in partnership with Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)
- Every Friday at 10 am through April  
**Brain Health Boost:** Facebook live in partnership with Lakewood Ranch: [Fit Tip Fridays and Fit Tips for Kids](#)

### **About the Brain Health Initiative ([www.brainhealthinitiative.org](http://www.brainhealthinitiative.org))**

The Brain Health Initiative (BHI) is a cutting-edge, new approach to promoting brain health and fighting brain illness across the lifespan. Through education, research, innovation and action the collaboration between Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance intends to build brain healthy communities with cultures that increase brain health protective factors and reduce risk factors, improving brain health and optimizing brain performance outcomes for the Florida Gulf Coast region and beyond. Join the movement, lifestyle makes a difference. **To view all Brain Health Boosts [click here](#).**