



Yale
NewHaven
Health

Hartford
HealthCare
St. Vincent's Medical Center

JOIN PEERS AT OUR THIRD ANNUAL SYMPOSIUM

Brain-Body Balance: From Neuroscience to Practice

Presenting Sponsor

Champion Sponsor

April 30, 2026
University of Bridgeport
Bridgeport, CT
5:45pm

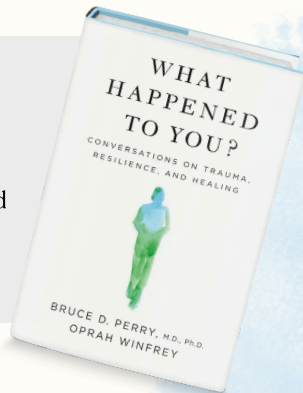
Creativity has always helped people heal. Neuroscience now explains why. The arts are a powerful pathway to nervous system regulation and lasting well-being.

Join us for a dynamic symposium connecting research with creative practice, including an immersive expressive arts experience that brings to life how art and relationships support nervous system regulation, strengthen connection, and build resilience across our community.

WHY ATTEND?



Keynote
Bruce D. Perry,
M.D., Ph.D.
World-Renowned
Trauma Expert
and Author



Deepen your understanding of the neuroscience behind why creativity supports nervous system regulation, connection, and resilience.

Gain language and framing to partner with local healthcare systems.

Experience expressive arts in action and leave inspired to integrate creativity more intentionally into community healing spaces.

Connect with fellow artists to share what's working locally and expand our impact on community well-being.



Co-Keynote
Cathy Malchiodi, Ph.D., LPCC, LPAT, REAT
Leading Psychotherapist and Pioneer in
Expressive Arts Therapy



Music and Video Premiere
Vernon Thompson, Educator, Artist
Principal, Warren Harding High School,
Bridgeport, CT



Local Expert Panel Discussion
Chris Appleton, Founder and CEO of SocialRx (formerly Art Pharmacy), joins local leaders to discuss how the arts are transforming healthcare outcomes and patient care.

This event is free and open to all. Advance registration encouraged. Scan to learn more and register.

