



JOIN COMMUNITY MEMBERS AT OUR
THIRD ANNUAL SYMPOSIUM

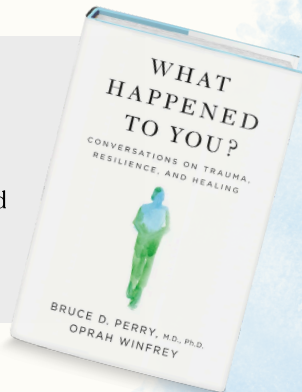
Brain-Body Balance: From Neuroscience to Practice

Daily stress, overwhelm, and uncertainty affect how we think, feel, learn, work, and connect. When the nervous system is out of balance, it becomes harder to focus, manage emotions, communicate, and feel safe with others.

Join us for a free, dynamic community symposium that connects research, practical experience, and the expressive arts. Together, we'll explore how restoring calm and connection supports well-being for individuals, families, and communities, and you'll gain practical insights you can apply in everyday life.



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



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
Practical approaches to expand impact and
strengthen community well-being, featuring Interim
Superintendent of Bridgeport Public Schools,
Dr. Royce Avery, and fellow local leaders.

Yale
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Health

Presenting Sponsor

Hartford
HealthCare
St. Vincent's Medical Center

Champion Sponsor

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

WHY ATTEND?

Understand how daily stress affects the brain and body and why nervous system regulation is key to lasting well-being.

Explore practical approaches, including expressive arts, that support calm and resilience.

Hear how leading experts are putting research and creativity into action across industries.

Strengthen our community by understanding the impact of chronic stress and gaining self-regulation tools. Build shared language that fosters compassion and connection across healthcare, schools, the arts, and community spaces.

Earn continuing education credits. CEUs/CMEs/CNEs available for eligible participants.

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

