



PRESS RELEASE

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Palm Health Foundation's Train the Brain 2019 Focus: Brain Health in the Workplace

Free Train the Brain Wellness Kits Available to All Palm Beach County Businesses

West Palm Beach, FL– October 1, 2019— Palm Health Foundation is preparing to launch its third *Train the Brain* community health campaign in October 2019 with a goal to improve Palm Beach County residents' brain health. The 2019 theme is "Brain Health in the Workplace," created for employers to support employee wellness. The foundation is offering a free *Train the Brain* Wellness Kit that will help organizations and individuals offer meaningful brain health events and activities during the campaign.

According to [Mental Health America \(MHA\)](#), clinical depression has become one of America's most costly illnesses. Left untreated, depression is as costly as heart disease or AIDS to the US economy, costing over \$51 billion in absenteeism from work and lost productivity and \$26 billion in direct treatment costs. In May 2019, MHA released a [Mind the Workplace](#) report in collaboration with the Faas Foundation that found that the majority of employees felt unmotivated at work, with almost two-thirds indicating that workplace issues negatively affect their sleep. Half of respondents responded that they engage in unhealthy behaviors to cope with workplace stress. Nearly half - 45 percent - look for a new job at least several times per week.

Palm Health Foundation is focused on building a culture of health in Palm Beach County, where all residents have opportunities to thrive and reach their full health potential. With this year's focus on brain health in the workplace, the foundation's free, comprehensive *Train the Brain* Wellness Kit provides employers with resources, promotional pieces, event ideas and discounted rates for presentations by brain health experts to interested businesses, non-profit organizations and civic groups to launch their own brain health/workplace wellness activities during *Train the Brain*. The kit enables participating organizations to offer meaningful events and activities to its employees with minimal effort. The kit also offers ways for participants to make changes in their thinking about mental health conditions and to adopt healthy brain health habits that integrate self-care behaviors into their daily routines.

"As a community health foundation, it's our responsibility to create impact where it's needed most," said Patrick McNamara, CEO of Palm Health Foundation. "Palm Health Foundation is pleased to offer our *Train the Brain* Wellness Kit in the hopes that employees and employers will take advantage of the resources, tips and techniques offered within. This is an opportunity for us all to make positive, healthy changes in our daily lives, inside and out of work."

In addition to the free downloadable *2019 Train the Brain* Wellness Kit, the campaign's website at www.TraintheBrainPBC.org provides a calendar of events that are free and open to the community.

About Palm Health Foundation Palm Health Foundation is Palm Beach County's community foundation for health. With the support of donors and a focus on results, the foundation builds strong community partnerships, respects diverse opinions, advocates for its most vulnerable neighbors and inspires innovative solutions to lead change for better health now and for generations to come. The foundation supports health equity for Palm Beach County residents of all backgrounds, heritage, education, incomes and states of well-being. Palm Health Foundation has invested more than \$80 million in Palm Beach County health since 2001. For more information about Palm Health Foundation, visit palmhealthfoundation.org or call (561) 833-6333.

About *Train the Brain* *Train the Brain* is one of Palm Health Foundation's annual community health campaigns and empowers residents to take charge of their brain health. The goal of the campaign is to help Palm Beach County residents understand that taking care of the brain is just as important as taking care of the body. Participants are invited to make changes in their thinking, integrate self-care into their daily routines and show compassion to individuals with acute and persistent mental health conditions.

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