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## Marlene Meyerson JCC Manhattan Announces Brain Awareness Week Free Virtual Lecture Series March 14–17, 2022

Guest panelists include artist Naomi Andrée Campbell; Felice Ghilardi, M.D.; Dorothy P. Holinger, Ph.D.; Sherry Skyler Kelly, Ph.D.; and Wendy Suzuki, Ph.D.

New York, NY (March 9, 2022) – The Marlene Meyerson JCC Manhattan (MMJCCM) announced a free virtual lecture series promoting **Brain Awareness Week**, presented in partnership with the Dana Foundation. Four dynamic discussions on the human brain, moderated by **Caroline Kohles**, Senior Director of Health + Wellness at MMJCC will take place from Monday, March 14 through Thursday, March 17.

The free virtual lecture series promoting Brain Awareness Week will follow Caroline Kohles, the JCC's senior program director of Health + Wellness, in conversation with leaders in the field including visual artist **Naomi Andrée Campbell**, neurologist **Felice Ghilardi**, clinical psychologist and author **Dorothy P. Holinger**, clinical psychologist and neuropsychologist **Sherry Skyler Kelly**, and professor of neural science and psychology **Wendy Suzuki**. For more details and to register, please visit our website [here](#).

"The consequence of COVID-19 on brain function, including decreased focused attention, increased sense of fatigue and olfactory capacity, can not be underestimated. Art can help bring us back into focus. It can deepen the connections between the neurons in our brain. It is very exciting," shares **Dr. Felice Ghilardi**, a neurologist with a thirty-year career in research, with a focus on Parkinson's disease and brain plasticity.

"Pleasures, joys, sorrows and griefs come from the brain, as Hippocrates wrote. Everything starts here: thinking, feeling, and grieving. Events like Brain Awareness that describe what's happening in this amazing structure are needed," says **Dr. Dorothy P. Holinger**, clinical psychologist and author of *The Anatomy of Grief*. "I could not be more excited to share what I have learned in my research, my practice, and my life, and to soak up the knowledge of these other wonderful guests."

The MMJCCM is proud to partner with the Dana Foundation on this Brain Awareness Week lecture series. The Dana Foundation is a private philanthropic organization committed to advancing brain research and educating the public in a responsible manner about research's potential. To read more about their work, visit: [www.brainawareness.org/planning](http://www.brainawareness.org/planning)

## VIRTUAL BRAIN AWARENESS WEEK SCHEDULE

### **Keep Your Brain Healthy in the Digital Age**

Featuring Sherry Skyler Kelly, Ph.D.

Monday, March 14 at 12:00 p.m.

Clinical psychologist and neuropsychologist Sherry Skyler Kelly combines research on neuropsychology with the power of positive psychology to explore the impact of digital technology on aging.

### **The Brain and Art**

Featuring Naomi Andrée Campbell and Felice Ghilardi, M.D.

Tuesday, March 15 at 12:00 p.m.

Visual artist Naomi Andrée Campbell and neurologist Felice Ghilardi, M.D., discuss the impact of art on the brain. Learn about the increasing evidence that art enhances brain function by impacting brain-wave patterns, emotions, and the nervous system, as well as raising serotonin levels, and how it can even stimulate the creation of new neural pathways and ways of thinking.

### **Anxiety and the Brain: Harnessing the Power of the Most Misunderstood Emotion**

Featuring Wendy Suzuki, Ph.D., Professor of Neural Science and Psychology, New York University

Wednesday, March 16 at 12:00 p.m.

Dr. Suzuki discusses how living in the age of anxiety keeps us locked into an endless cycle of stress, sleeplessness, and worry. Learn how the brain's plasticity can help a person control anxiety, regulate emotions, harness fear, and transform fear, hostility, and depression.

### **The Impact of Grief and Loss on the Brain**

Featuring Dorothy P. Holinger, Ph.D.

Thursday, March 17 at 12:00 p.m.

Dorothy P. Holinger, Ph.D., author of *The Anatomy of Grief*, discusses grief's impact on the bereaved, including the very real physical changes that happen to the brain and the body, and the tools that can be used to begin to process and heal after a deep personal loss.

## ABOUT THE PANELISTS

**Sherry Skyler Kelly, Ph.D.**, is a Licensed Clinical Psychologist and Clinical Neuropsychologist with more than 30 years of experience in the field of child development. Dr. Kelly holds multiple Masters degrees in Psychology from New York University and Yeshiva University. She earned her Ph.D. in Clinical Health Psychology from Yeshiva University. She was a National Cancer Institute and NIH Fellow. Dr. Kelly is known for her work with children challenged by learning differences, neurodiversity, anxiety, chronic illness, and developmental delays. Her work has been featured in the New York Times, The Washington Post, Forbes, and Parents magazine. Dr. Kelly is the founder of PositiviTeens® workshops. Her office is located in West Hartford, CT.

**Naomi Andrée Campbell** is a Japanese Canadian-born, Brooklyn-based, interdisciplinary artist. She explores sense and perception in art and science, working in a wide range of media. A current resident in the International Studio & Curatorial Program, she has been an instructor of contemporary body in watercolor at the Art Students League of New York since 2007.

**Felice Ghilardi, M.D.**, is a neurologist by training with a 30-year career in research. The main focus of her research is Parkinson's disease and brain plasticity. She has published more than a

hundred research papers. She has previously worked at Mount Sinai Hospital and Columbia University. She is a Medical Professor at Sophie Davis School for Biomedical Education and also holds a position as Adjunct Associate Professor in the Department of Neurology at the Langone-NYU School of Medicine.

**Dr. Wendy Suzuki, Ph.D.**, is an award-winning Professor of Neuroscience and Psychology at New York University and co-founder and CEO of BrainBody, an AI-and ML-based health tech company that quantifies exercise-enhanced brain functions. Dr. Suzuki's major research interest has always been brain plasticity. She is best known for her extensive work studying areas in the brain, critical for our ability to form and retain new long-term memories. More recently, her work has focused on understanding how aerobic exercise can be used to improve brain functions and protect the brain from aging and neurodegenerative disease states in humans. Wendy is passionate about teaching, exercise, and supporting and mentoring up and coming scientists.

**Dorothy P. Holinger, Ph.D.**, is a Staff Psychologist in the Department of Neurology at Beth Israel Deaconess Medical Center in Boston, Massachusetts. She was an instructor in Psychiatry at Harvard Medical School for over 23 years. A graduate of Brown University with a degree in English, she earned her doctorate in psychology from the University of Michigan. Dr. Holinger has studied the human brain for 30 years and has received grants from the Montreal Neurological Institute and the National Institutes of Health. She is a member of Sigma Xi (the Scientific Research Society), the American Psychological Association, and she is a fellow in the Association for Psychological Science. In her book, *The Anatomy of Grief* (2020, Yale University Press), Dr. Holinger has drawn from brain science, psychology, and literature to describe what happens to the brain, the heart, and the body of the bereaved. She has her own psychotherapy practice, and lives in Brookline, Massachusetts with her husband.

## **ABOUT THE MARLENE MEYERSON JCC MANHATTAN**

Together with its community, the Marlene Meyerson JCC Manhattan creates opportunities for people to connect, grow, and learn within an ever-changing Jewish landscape. Located on 76th Street and Amsterdam Avenue, the JCC is a vibrant non-profit community center on the Upper West Side. It also presents a robust slate of virtual programming, serving an even wider community. The JCC serves over 55,000 people annually through 1,200 programs each season that educate, inspire, and transform participants' minds, bodies, and spirits. Throughout COVID-19, the JCC has pivoted to meet the community online, exceeding 102,000 registrations to over 3,000 virtual classes and programs in the earliest part of the pandemic. Since its inception, the JCC has been committed to serving the community by offering programs, classes, and events that extend beyond neighborhood boundaries, reaching people at all stages of their lives.

Learn more at [mmjccm.org](http://mmjccm.org)

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