



Press Release

**FOR IMMEDIATE RELEASE:**

April 26, 2017

**The John F. Kennedy Center for the Performing Arts and  
the National Institutes of Health,  
in association with the National Endowment for the Arts  
present**

## ***Music and the Mind***

**First Public Initiative of Kennedy Center and NIH's  
Sound Health Partnership**

**Renowned Scientists and Musicians—Including Dr. Daniel Levitin,  
Dr. Charles Limb, Renée Fleming, and Ben Folds—Demonstrating  
Benefits of Music on the Human Brain**

**June 2 and 3, 2017, at the Kennedy Center**

(WASHINGTON)—The John F. Kennedy Center for the Performing Arts, Deborah F. Rutter, President; the National Institutes of Health (NIH), Francis S. Collins, M.D., Ph.D., Director; and renowned soprano and Kennedy Center Artistic Advisor at Large Renée Fleming, in association with the National Endowment for the Arts, announce programming for *Music and the Mind*, the first public initiative of their Sound Health partnership, exploring the connections between music, health/wellness, and science. *Music and the Mind* events take place on Friday and Saturday, June 2 and 3, at the Kennedy Center.

*Music and the Mind* has been created to excite and inspire audiences with the latest scientific research behind music's ability to engage and heal, from its effects on the developing brain to its therapeutic benefits for individuals with autism, Parkinson's disease, Alzheimer's disease, dementia, and neurological disorders. The two-day

program will explore the future of the intersection of music and science and amplify the wide-ranging scientific evidence of music's extraordinary power to change neural circuitry in the brain, tap into our memories, expand our creative potential, bring us together, and change lives.

On **Friday, June 2**, the National Symphony Orchestra (NSO) and renowned scientists present ***Sound Health in Concert***, a unique interactive program interweaving performance with scientific insights into the brain's engagement with music. Two leaders in the field of neuroscience, Daniel Levitin and Dr. Charles Limb, take the audience on a journey uncovering the wonders of the human mind. Edwin Outwater conducts the NSO and guest artists Renée Fleming and Ben Folds in both familiar classical music and improvisation. All tickets \$39. Kennedy Center Concert Hall / 8 p.m.

On **Saturday, June 3**, the Center hosts ***Music and the Mind***, a day-long series of presentations and discussions with music therapists and neuroscientists that explore how listening, performing, or creating music impacts brain development through all stages of life, as well as how those activities can be used in pain management or the treatment of Alzheimer's, autism, and other neurological disorders. Three of the presentations are free; other sessions are \$20 each.

The day begins with a **Rhythm in Action Workshop**, geared to children ages 2–5 years old, from 9:45–10:30 a.m. Presented by Arts on the Horizon, this 45-minute free, interactive workshop explores rhythm, rhymes, and motion through storytelling and creative drama. Kennedy Center Grand Foyer / Free; first come, first served.

Dr. Nina Kraus, a leading neuroscientist, leads **Music and Childhood Development** from 11 a.m.–12:30 p.m. Dr. Kraus will discuss the basic principles of music and rhythm and their relationship to pre-reading ability in toddlers. Joining Dr. Kraus is the D.C. Youth Orchestra, and together they will illustrate how music education correlates

with enhanced memory, attentiveness, and creativity in young students, as well as in higher academic achievement. Kennedy Center Family Theater / \$20.

A longtime advocate of music therapy, singer-songwriter-composer Ben Folds joins prominent researcher Dr. Sheri Robb from 1:30–3 p.m. for **Breakthroughs with Music Therapy: Recovery, Resilience, & Quality of Life**, where they, along with patients and families, share stories, observations, and research from music therapy clinicians about how music therapy uniquely improves recovery, promotes resilience, and enhances quality of life in important and lasting ways. Kennedy Center Family Theater / \$20.

Kennedy Center Artistic Advisor at Large Renée Fleming hosts **The Future of Music and the Mind** at 3:30 p.m.—a discussion with National Institutes of Health Director Dr. Francis Collins, M.D., Ph.D. They will address what the future may hold for music and the mind, what can be learned from studying music’s interaction with the brain, and what the potential implications might be for music therapy. Kennedy Center Grand Foyer / Free.

Cognitive neuroscientist Dr. Aniruddh Patel partners with D.C.–based jazz trio Mark G. Meadows & the Movement and the Different Strokes for Different Folks choir for **Creative Aging** in an interactive presentation from 5–6:30 p.m. Here, neuroscience is used to explain how the mind and body respond to the act of creating music and how, as we age, these activities can not only improve daily life, but also facilitate movement, activate memory, and improve language function. Kennedy Center Family Theater / \$20.

The daily Millennium Stage performance at 6 p.m. on June 3 features **Encore Chorale**, a vocal ensemble for adults over age 55 of any experience level who seek arts education and performance opportunities. Kennedy Center Grand Foyer / Free.

The day’s closing event (7:30–9 p.m.) features Dr. Charles Limb and jazz pianist Vijay Iyer discussing **Jazz, Creativity, and the Brain**, the fascinating new science of musical

creativity. By examining improvisational art forms such as jazz, this research is helping to create a rudimentary model for how creativity is implemented in the human brain. Kennedy Center Family Theater / \$20.

### **TICKET INFORMATION**

Tickets (\$39 for June 2 NSO; \$20 each for the June 3 sessions) go on sale to Kennedy Center Members beginning April 27 at 10 a.m., and on April 28 at 10 a.m. to the general public. Tickets are available online at [kennedy-center.org](http://kennedy-center.org), in person at the Kennedy Center Box Office, and by calling (202) 467-4600 or (800) 444-1324.

### **ABOUT THE NATIONAL INSTITUTES OF HEALTH**

NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit [www.nih.gov](http://www.nih.gov).

### **ABOUT THE NATIONAL ENDOWMENT FOR THE ARTS**

Established by Congress in 1965, the NEA is the independent federal agency whose funding and support gives Americans the opportunity to participate in the arts, exercise their imaginations, and develop their creative capacities. Through partnerships with state arts agencies, local leaders, other federal agencies, and the philanthropic sector, the NEA supports arts learning, affirms and celebrates America's rich and diverse cultural heritage, and extends its work to promote equal access to the arts in every community across America. Please visit [arts.gov](http://arts.gov)

### **ABOUT THE JOHN F. KENNEDY CENTER FOR THE PERFORMING ARTS**

The John F. Kennedy Center for the Performing Arts is America's living memorial to President Kennedy. Under the guidance of Chairman David M. Rubenstein, and President Deborah F. Rutter, the nine theaters and stages of the nation's busiest performing arts facility attract more than three million visitors to more than 3,000 performances each year, while center-related touring productions, television, and radio broadcasts reach 40 million more around the world.

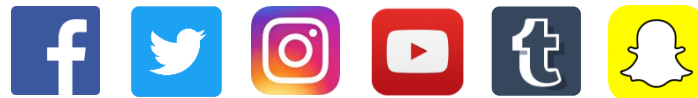
The Center produces and presents performances of music, dance, comedy, and theater; supports artists in the creation of new work; and serves the nation as a leader in arts education. With its artistic affiliates, the National Symphony Orchestra and Washington National Opera, the Center has produced more than 300 theatrical productions, and dozens of new ballets, operas, and musical works, in addition to hosting numerous international cultural festivals. The Center's Emmy® and Peabody Award-winning The Kennedy Center Honors is

broadcast annually on CBS and annual The Kennedy Center Mark Twain Prize for American Humor is broadcast on PBS.

The education programs of the Kennedy Center, including those of its affiliate VSA, the international organization on arts and disability, have become models for communities across the country and have unlocked the door to learning for millions of young people. Education at the Kennedy Center produces and presents age appropriate performances and educational events, and fosters innovative programming, curriculum, and professional development for students, teachers, and families.

The Center and its affiliates stage more than 400 free performances by artists from throughout the world each year on the Center's main stages, and every day of the year at 6 p.m. on its Millennium Stages, which are also streamed live, online. The Center also offers reduced and complimentary tickets to young people, active members of the military, and the underserved through its MyTix program and offers a Specially Priced Tickets program for students, seniors, persons with disabilities, and others with fixed low incomes.

To learn more about the Kennedy Center, please visit [kennedy-center.org](https://www.kennedy-center.org).



## #SoundHealth

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### **TICKETS & INFORMATION**

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[www.kennedy-center.org](https://www.kennedy-center.org)