



Press Release

July 24, 2018

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

Sound Health: Music and the Mind
Shaping Our Children's Lives
Through Music Engagement
featuring

**Mickey Hart, Zakir Hussain, Renée Fleming, Jason Moran,
Drs. Sanjay Gupta, John Iversen, Nina Kraus, Charles Limb,
Laurel Trainor, and others**

September 7 and 8, 2018, 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 the second *Music and the Mind* event on Friday and Saturday, September 7 and 8, at the Kennedy Center. *Sound Health: Music and the Mind, Shaping Our Children's Lives Through Music Engagement* examines the effects of music and rhythm on brain development.

Hosted by CNN's chief medical correspondent **Dr. Sanjay Gupta**, the performance on **Friday, September 7** features legendary Grateful Dead **percussionist Mickey Hart**, tabla virtuoso **Zakir Hussain**, Kennedy Center Artistic Director of Jazz **Jason Moran**, world-renowned soprano Kennedy Center Artistic Advisor at Large **Renée Fleming**,

singer-songwriter **Madison McFerrin**, tap-dancing sisters **Chloe and Maud Arnold**, jazz piano prodigy **Matthew Whitaker**, and other special guests to be announced. Top neuroscientists **Drs. John Iversen, Nina Kraus, Charles Limb, and Laurel Trainor**, along with NIH Director Dr. Francis Collins lead an unforgettable journey of discovery, diving into how music can excite our neurons, shape our brains, and harness our creativity, as well as create community and foster social interaction. Tickets \$25-\$75. Kennedy Center Concert Hall / 8 p.m.

On **Saturday, September 8**, the Center hosts a day-long series of activities, workshops, and discussions with artists, educators, and neuroscientists. Topics include the relationship between rhythm and language, music education, children and creativity, and other ways that music can impact and add value to one's life.

Throughout the day, leading neuroscientists and musicians collaborate in four sessions demonstrating how rhythm and music impact our lives from a young age. Kennedy Center Terrace Theater / \$20 per session.

11 a.m.— *Say It With Rhythm!*

Dr. Nina Kraus is joined by legendary percussionist Mickey Hart of the Grateful Dead and tabla master Zakir Hussain, along with Dr. Adam Gazzaley to illustrate the art and science of rhythm. Their presentation explores how music can strengthen rhythm skills for language, and how interactive computer interfaces can provide a new avenue for digital music medicine.

2 p.m.— *Take Note! Why Music Education Matters*

Music is more than just an enjoyable subject—it can shape the brain and impact lifelong success. A growing body of evidence suggests that music education can enhance language skills, boost student achievement in various academic subjects, bolster critical thinking skills and creativity, and positively affect student engagement. What is the status of music education in schools? Could music training help to bridge the achievement gap, and what are some

successful models? Can scientific data help to promote change? Renée Fleming leads a thought-provoking discussion with **Dr. Francis Collins**; **Dr. Rollo Dilworth**, Chair of Music Education and Therapy at Temple University; **Dr. Kenneth Elpus**, Associate Professor of Music Education at the University of Maryland; **Dr. John Iversen**, Associate Research Scientist at University of California San Diego; **Dantes Rameau**, Co-Founder and Executive Director of the Atlanta Music Project; **Melissa Salguero**, 2018 Grammy Music Educator Award Recipient; **Laurie Schell**, inaugural director of Music Makes Us with Metro Nashville Public Schools; and others, featuring a special performance by **Washington Performing Arts' Children of the Gospel Choir**.

4:30 p.m.— *Learning and Bonding to the Beat: Optimizing Your Child's Development*

Dr. Laurel Trainor will discuss how rhythms are encoded in the brain, how music and rhythms affect attention and learning from the earliest days of life, and the relation between timing deficits and developmental disorders. She will also demonstrate the importance of rhythmic movements for optimal social development. She is joined by Dr. Joanne Loewy, and others to be announced, who use music and movement in their work with at-risk infants and parents. The session will feature a special performance by musicians of the DC Youth Orchestra.

8 p.m.— *The Art of the Spark: Musical Creativity Explored*

Dr. Charles Limb, with pianists Jason Moran and Matthew Whitaker, explores the elusive nature of creativity in connection to music through improvisation—a foundational element in so many musical art forms such as Jazz and Hip Hop. This session will demonstrate how encouraging and developing musical improvisational skills in children has led to a better understanding of how creativity is implemented in the human brain.

Free Events

6 p.m.— *Interactive Rhythm Experience with Mickey Hart and Zakir Hussain*

The Millennium Stage performance at 6 p.m. on September 8 will be interactive, and is led by percussionist Mickey Hart and tabla master Zakir Hussain on the Kennedy Center North Plaza. Two hundred percussion instruments of various sizes, shapes, and sounds will be loaned to audience members (limit one instrument per person; first come, first served beginning at 5:30 p.m.) Following an introduction on the connection between rhythm and your brain by neuroscientist Dr. John Iversen, Hart and Hussain lead the drum rhythm experience, guiding the entire audience on a thrilling journey through call-and-response games, a lively performance, and an interactive demonstration. Along the way, Hart will shed light onto some of his vital work using percussion to help unfurl the gifts of individuals with autism, dementia, epilepsy, and other brain disorders. This program is supported by Jonathan Murray of FunDrum Rhythm Circles. No drumming experience necessary; everyone who gets handed a loaner instrument for the performance can exchange it for a commemorative REMO® drum—yours to keep as a memento of this enlightening and unifying experience through music!

Kennedy Center / Free.

Throughout the day— *Second Saturdays Workshops*

Co-curated by Dr. Jessica Phillips-Silver, Ph.D, Researcher in Neuroscience, Georgetown University Medical Center

Family workshops for parents and their children of all ages take place throughout the day. These free, interactive sessions will be led by local arts organizations, and explore different facets of rhythm, rhymes, and motion through storytelling, music, and creative drama for specific age groups: 9:30 a.m. for ages 0–2, led by **Arts of the Horizon**; 11:30 a.m. for ages 2–6, led by **Wolf Trap**; 2 p.m. for ages 6–9, led by **Sitar Arts Center**; and 4 p.m. for ages 9 and up, led by **Step Afrika!**.

Kennedy Center Atrium / Free; first come, first served. Advance sign-up available online.

Throughout the Day– Instrument Petting Zoo

The National Symphony Orchestra Volunteer Council hosts an Instrument Petting Zoo, which allows children of all ages to play a variety of string and percussion instruments. Kennedy Center States Gallery / Free.

TICKET INFORMATION

Tickets (\$25-\$75) for September 7; \$20 each for the September 8 sessions) are on sale now online at kennedy-center.org, in person at the Kennedy Center Box Office, and by calling (202) 467-4600 or (800) 444-1324.

FUNDING CREDITS

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Sound Health is also presented as part of The Irene Pollin Audience Development and Community Engagement Initiatives.

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.

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.

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.

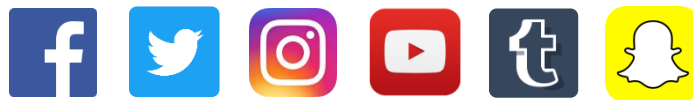
The Center produces and presents performances of music, dance, comedy, and theater; supports artists in the creation of new work; and serves the nation as a leader in arts education. With its artistic affiliates, the National Symphony Orchestra and Washington National Opera, the Center has produced more 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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