THE KENNEDY CENTER





Sound Health in Concert: Music and the Mind with the National Symphony Orchestra Friday, June 2 at 8 p.m. | Concert Hall

The Kennedy Center, National Institutes of Health, world-renowned soprano Renée Fleming, and the National Symphony Orchestra take the audience on a unique journey uncovering mysteries of the human brain. What happens in your brain when listening, performing, and interacting with music? How does engagement with music contribute to better health? Join the National Symphony Orchestra, led by Edwin Outwater, alongside renowned neuroscientists Daniel Levitin and Charles Limb, with other special guests to be announced.

Sound Health: Music and the Mind

Saturday, June 3 | Family Theater

Music is interwoven in our daily lives from early childhood throughout old age. Special presentations and performances by neuroscientists, music therapists, and musicians will reveal the benefits of a musical life, for everyone from casual listeners to professional musicians. Featured topics include music and childhood development, music therapy, creative aging, improvisation, and the future of music and neuroscience.

11 a.m. Music and Childhood Development

with Dr. Nina Kraus

1:30 p.m. Music Therapy with Dr. Sheri Robb

5 p.m. Creative Aging with Dr. Ani Patel

7:30 p.m. Improvisation with Dr. Charles Limb

Stay tuned for more information and other activities later this Spring!