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## FORUM

# The Scientific Foundations of Creative Musical Expression



Saturday, May 4, 2024  
2:00 – 4:00 pm PDT  
Concord Hall, 1407 Chapala Street,  
Santa Barbara, CA

In-Person and Webcast on YouTube\*  
Presenter: Barry Bittman, M.D.

In ancient times, the physician and the musician were one and the same. Music as a healing elixir transcended science and art and extended into the ethereal realm. It also survived the test of time as society evolved around campfires where creative musical expression served as the catalyst for cultural advancement. From rudimentary percussion to dance and song, the opportunity to create music collectively clearly influenced the evolution of civilizations.

Join neurologist Barry Bittman, MD for a dynamic, fast-paced presentation that explores the scientific bio-psycho-social foundations of creative musical expression based on his several peer-reviewed scientific studies published over the last three decades. During this fascinating presentation, Bittman provides five remarkable evidence-based pillars based on a compelling sequence of scientific findings and practical insights garnered from a unique series of psychosocial, biological and genomic research studies.

Dr. Bittman is a neurologist, researcher, international speaker and author who serves as the Chief Population Health Officer for the Inland Empire Foundation for Medical Care. He is also the CEO of the Yamaha Music & Wellness Institute, a non-profit organization that is actively engaged in education and research.

\*Webcast begins at 2 PM. Click the following link to view the program (a recording will also be available at this link for future viewing):

<https://www.youtube.com/c/IWCinSantaBarbara/live>

More information can be found at: <http://www.worldculture.org>