



Science Distilled: The Story of the Mind

Understanding and addressing mental health with research-based revelations

RENO, Nev. (Feb. 21, 2024) – Delve into the intricacies of the human mind and its profound impact on society. Desert Research Institute (DRI) and The Discovery present “Science Distilled: The Story of the Mind” on Thursday, March 14 from 7 to 9 p.m. at The Discovery, 490 S. Center Street, Downtown Reno.

This event will address challenging subjects, including depression, suicide and violence, with a focus on providing the audience with research-based insights and actionable strategies to address these pervasive societal issues. Esteemed researchers and experts will navigate topics ranging from genetics and trauma, to the essential tools and resources for personal safeguarding and community support. During intermission, visitors are encouraged to explore [Mental Health: Mind Matters](#), The Discovery's latest featured exhibition aimed at fostering conversations and understanding about mental health.

Featured presenters include Emma White, Founder and President of the Life Is Worth It Organization, Youth Suicide Prevention Coordinator for the Nevada Department of Education and Project Aware Manager for the Office of Suicide Prevention; Dr. Joe Grzymiski, Chief Genomics Officer of Renown Health, Director of the Renown Institute for Health Innovation and faculty member in the Department of Internal Medicine at the University of Nevada, Reno, School of Medicine in the fields of Computational Biology and Genetics; and Stephanie Koning, Ph. D., an academic professional with a background in population health, sociology and policy research.

Science Distilled, the lecture series created by DRI and The Discovery, makes cutting-edge science approachable through presentations on current and curious topics, held at hip locations in a social atmosphere. Started in 2016, speakers at Science Distilled events have covered topics ranging from genetics, to climate change, to personal energy independence.

Tickets for Science Distilled are \$10 for members of The Discovery and \$15 for nonmembers. Science Distilled is presented with support from Ormat Technologies Inc., IMBIB Custom Brews, KUNR and PBS Reno. Visit sciencedistilled.org for more information or to purchase tickets.

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About The Discovery

The Discovery creates interest and engagement in science for all. Through unique, hands-on programs, exhibitions and events, The Discovery creates learning experiences that range from simple curiosity to deep understanding, empowering a community of critical thinkers. The

Discovery is a locally founded nonprofit 501(c)3 organization. To learn more about The Discovery and how you can help support the museum's mission, visit nvdm.org.