



Dear Holly Hill Farm Team,

On behalf of the Brain Health Initiative (BHI), I congratulate **Holly Hill Farm** on receiving the **BHI Brain Health Certified Community Award**. This award recognizes your exceptional commitment to advancing community health and well-being through sustainable, regenerative farming practices, educational engagement, and outstanding culinary experiences.

Your upcoming **Farm-to-Table Dinner** on November 2 exemplifies your dedication to promoting brain health through thoughtful nutrition. Each dish on your menu reflects an understanding of the powerful impact that nutrient-dense, seasonal, and locally sourced foods can have on cognitive resilience, mood, and overall brain function. By carefully selecting ingredients known for their neuroprotective benefits—from the omega-3 fatty acids in the Brandade appetizer to the antioxidant-rich fruits in the Apple and Pear Cake—you have created a menu that not only delights the palate but also nourishes the mind.

At **Holly Hill Farm**, you remind us that food is health. Your integration of organic produce from your fields and partnerships with local suppliers highlight the powerful relationship between sustainable practices and health. This upcoming dinner is a testament to your leadership in brain health and community-centered wellness. We commend you for inspiring others to embrace brain-healthy choices through your vibrant events, and we are honored to celebrate your accomplishments.

Thank you for your ongoing commitment to brain health and sustainability. Holly Hill Farm is setting an inspiring example for others, and we look forward to seeing your positive influence grow.

Warm regards,
Dr. Stephanie Peabody, Neuropsychologist
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<https://brainhealthinitiative.org/>

Brain Health Initiative (www.brainhealthinitiative.org) (BHI), a 501(c)(3) global non-profit, uses a cutting-edge approach to protecting brain health, promoting brain performance, and preventing and fighting brain illness across the lifespan. The BHI is on a mission to build brain-healthy communities, and cultures that promote brain-healthy lifestyles, foster protective factors, and address risk factors, thereby improving brain health and optimizing brain performance outcomes while addressing disparities at the individual, family, and community level. BHI is activating the next generation of brain health advocates and is a leader in brain health engagement, research, innovation, and education.

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