

## “The project “Culture and Health””



The project “Culture and Health” aims to assess the impact of cultural participation on the psychological wellbeing of the individual, in the light of the concept that culture contributes to improving the quality of life.

In 2011 Bracco Foundation developed in collaboration with Doxa research into the links between individual well-being and lifestyle, and organised a seminar entitled “Women and psychological wellbeing” aimed at women, to celebrate International Women’s Day, and also a workshop with international experts in December 2011, entitled “Lifestyles, health and culture: towards a new welfare”.

In 2012, the Foundation developed the theme to tackle another particularly important issue: how Art and Environment contribute to improving care and nursing in hospitals, with the contribution of national and international experts in a multidisciplinary conference “The role of Art and Environment in caring for hospital patients”.

In 2022 and 2023 Bracco Foundation presented the “Music and Medicine” cycle of encounters dedicated to the curative power of music and the various fields of clinical application. Music, and more generally culture, are a fundamental tool for psychological well-being and the care of people of all ages and in several clinical fields.

- [2022](#)
- [2023](#)

In addition, since 2010 Bracco Foundation has been promoting a project in partnership with the CDI - Italian Diagnostic Centre, regarding a series of exhibitions designed in close collaboration with Milan’s art schools, housed in the spacious halls of the

headquarters of the CDI in Milan. This project combines a focus on the younger generation, who have the opportunity to exhibit their work in a well-attended public space, and the awareness of cultural and artistic enjoyment in health care locations, which scientific research proves to be a contributing factor to individual well-being.