

Tired of Forced Positivity?

What neuroscience says about authentic gratitude.

The Power of Gratitude

The Science and Practice of Rewiring the Brain



February 19, 2026 • 6:30PM

Innovate Newport • 513 Broadway, Newport, RI

Discover how a deliberate gratitude practice can rewire the brain to combat chronic stress, boost resilience, and foster connection. This 90 minute presentation will move far beyond simple lists to explore actionable, research-backed practices that build a more innovative and productive culture.

This is gratitude, deconstructed for the real world and backed by hard science.

Register in advance:

Scan the qr-code or visit [eventbrite.com/e/the-power-of-gratitude-tickets-1981428176013](https://www.eventbrite.com/e/the-power-of-gratitude-tickets-1981428176013) to be entered into a raffle for a Gratitude-Wellness Prize.



**Debra Gonsher Vinik, Ph.D.
Gratitude Wrangler**



Six-time EMMY winner
Debra Gonsher Vinik
reveals gratitude
not as a soft skill,
but as a hard strategy
for brain neuroplasticity.

Watch the trailer for her
latest documentary at
I Thank Therefore I Am

Info on other documentaries at
divacommunications.com



**Newport County
Prevention Coalition**
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**Strategic Prevention
Partnerships**
Providing a Path to Community Wellbeing

