

PRESS RELEASE:

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Pardee speech therapist presents seminar on keeping your brain young

(Hendersonville, N.C.) Lucy Butler, a speech therapist with Pardee Hospital, will present *Sharp as a Tack: Keeping Your Brain Young*, at the Pardee Health Education Center on Thursday, Jan. 6, from 3 until 4:30 p.m.

It was once believed that as we aged, the brain's networks became fixed. However, in the past two decades, an enormous amount of research has revealed the brain never stops changing and adjusting. Butler will discuss the concept of brain plasticity and how to use this method to help prevent cognitive decline. Strategies to boost brain power will also be revealed.

Brain plasticity, or neuroplasticity, is the lifelong ability of the brain to reorganize neural pathways based on new experiences. As we learn, we acquire new knowledge and skills through instruction or experience. In order to learn or memorize a fact or skill, there must be persistent functional changes in the brain that represent the new knowledge.

There will be time for questions and answers. Registration for this free presentation is required by calling 1-866-790-WELL (9355).

The [Pardee Health Education Center](#) is a unique community outreach program of the hospital that provides an array of services from health fairs and screenings to seminars





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www.pardeehospital.org

and support groups. Last year, the center provided more than 10,000 free and low-cost screenings to community members.

[Pardee Hospital](http://www.pardeehospital.org) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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