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FOR IMMEDIATE RELEASE

ORANGE COUNTY TO HOST BRAIN HEALTH SEMINAR

ORANGE COUNTY, NC (February 26, 2016)—The Department on Aging will host a free workshop to explain how to maintain optimal brain health.

“Cognitive Aging - How the Brain Ages: Evidence for Action” will be presented by Lisa Gwyther on Wednesday, March 2, from 4:00 p.m. – 5:00 p.m. at the Seymour Center in Chapel Hill.

Lisa Gwyther is the co-author of “The Alzheimer’s Action Plan,” and is a social worker with more than 35 years of experience working with individuals with memory disorders and their families as director of the Duke Family Support Program.

Gwyther will present seven evidence-based action steps to help individuals maintain optimal cognitive health and to help families and communities support optimal brain health. In addition, she will offer practical preventative steps to reduce the negative consequences of cognitive aging on independent function.

“We have known for some time the brain ages just as all other organs, and now we know the process is universal, gradual, extremely variable, and lifelong and involves much more than memory or forgetting,” said Lisa Gwyther. “New encouraging evidence highlights how cognitive aging is different from Alzheimer’s disease and from mild cognitive impairment.”

Gwyther also serves as education director of the Bryan Alzheimer’s Disease Research Center.

The Seymour Center is located at 2551 Homestead Road in Chapel Hill.

For more information and to register, please call 919.968.2070.

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