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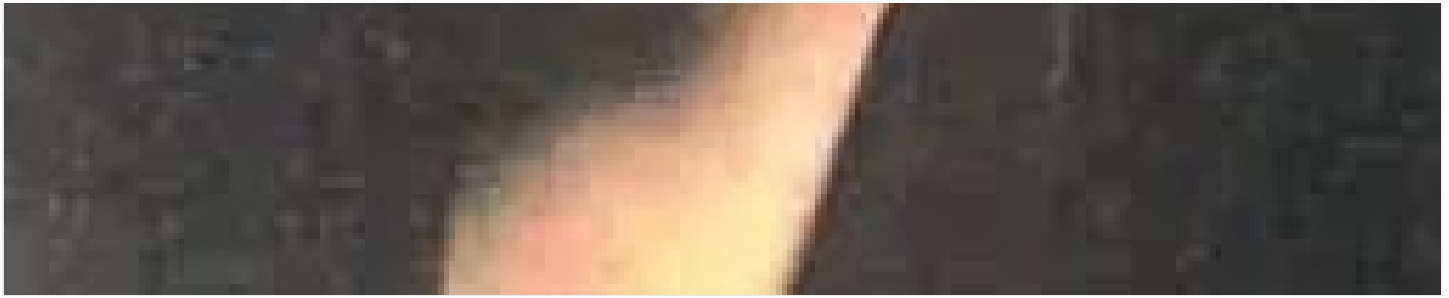
Naperville | Local Event

Music, Memory and the Brain: a Neurological Perspective

 Cheryl Marshall, Neighbor

JAN
25





Event Details

🕒 Wed, Jan 25, 2023 at 6:30 PM

[Add to calendar](#) ✓

📍 St. Thomas the Apostle Catholic Church, 1500 Brookdale Rd, Naperville, IL, 60563

Music saturates our lives: We enjoy it, we relax with it, we use it as a background for a variety of activities, it plays a vital part in a broad spectrum of programs and religious services.

Learn about music's powerful effect on memory and the brain – and how music therapy aids neurological rehabilitation – by attending “Music, Memory and the Brain: a Neurological Perspective” on Wednesday, Jan. 25, in the lighthouse room at St. Thomas the Apostle Catholic Church, 1500 Brookdale Road, Naperville. Refreshments will be available at 6:30 p.m., followed by the program at 7:00 p.m.

Mary Helen Ekstam, a board-certified music therapist (MT-BC) and certified dementia practitioner (CDP) who maintains a private practice in music therapy, will be the guest speaker for this free program.

Ekstam, who specializes in neurological rehabilitation, hospice and palliative care, and home health, has presented over 3,000 musical programs throughout the United States on the neurological implication of music, memory and the brain as well as other end-of-life topics. A professional healthcare executive, her leadership expertise also includes business development, community outreach and music therapy.

To register for “Music, Memory and the Brain,” contact Diane McQueen at dmcqueen@stapostle.org or (630) 355-8980, ext. 101. Registration is recommended by Monday, Jan. 23, to ensure seating accommodations. Free-will offerings will be accepted at the door.


The program, co-sponsored by the pastoral care and adult faith formation departments at St. Thomas Church, is part of the Wellspring Educational Events series. The series' goal is promoting a wholistic way of life that includes body-mind-spirit integration and well-being.

For more information about "Music, Memory and the Brain" or the Wellspring Educational Events series, contact Felicia Lawlor, faith community nurse at St. Thomas the Apostle, at flawlor@stapostle.org or (630) 355-8980, ext. 104.

St. Thomas the Apostle, a parish of the Diocese of Joliet, strives to bear the Good News of God's unconditional love to all generations through worship, faith formation, witness and service. Organized in 1984, the St. Thomas faith community numbers more than 3,400 households of more than 10,750 people. Complete news and information on parish events, guest speakers and special programs is available at www.stapostle.org. For general parish information, please call (630) 355-8980.

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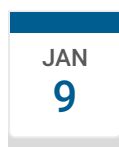
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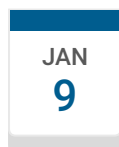
ACT Course begins Sunday, January 15!

 Monday, 5:00 am  Naperville, IL

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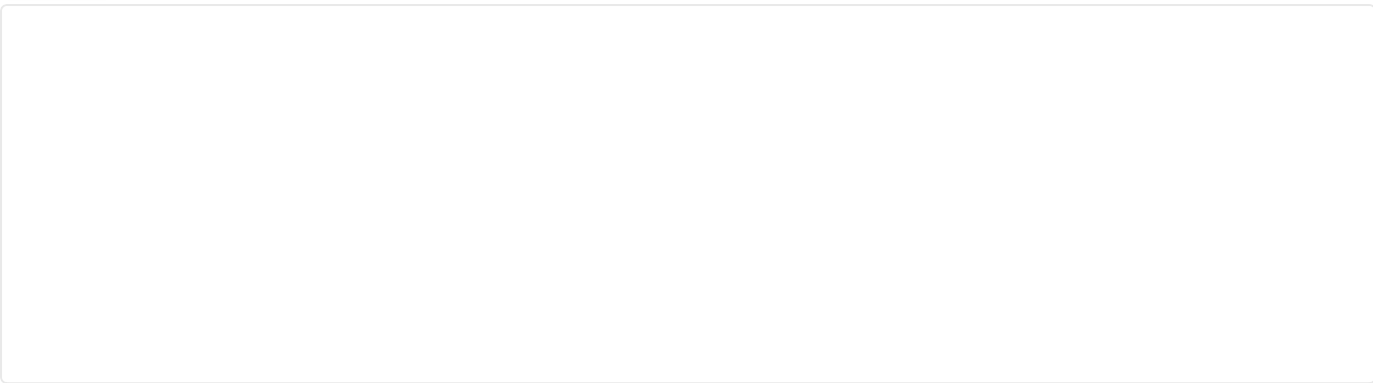


Local Event



The Bit Open Mic

 Monday, 8:00 pm  Naperville, IL





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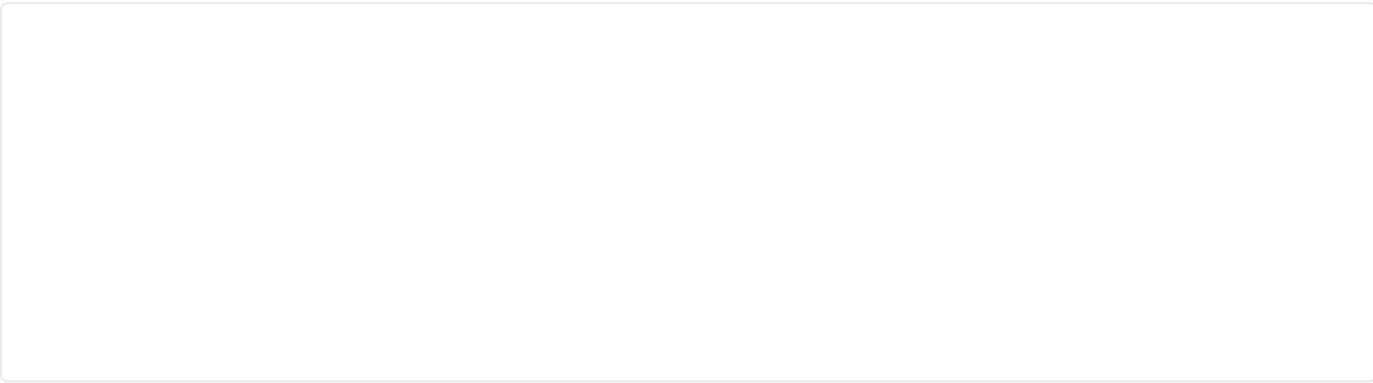


Local Event



Memory Cafe

 Tuesday, 2:00 pm  Naperville, IL





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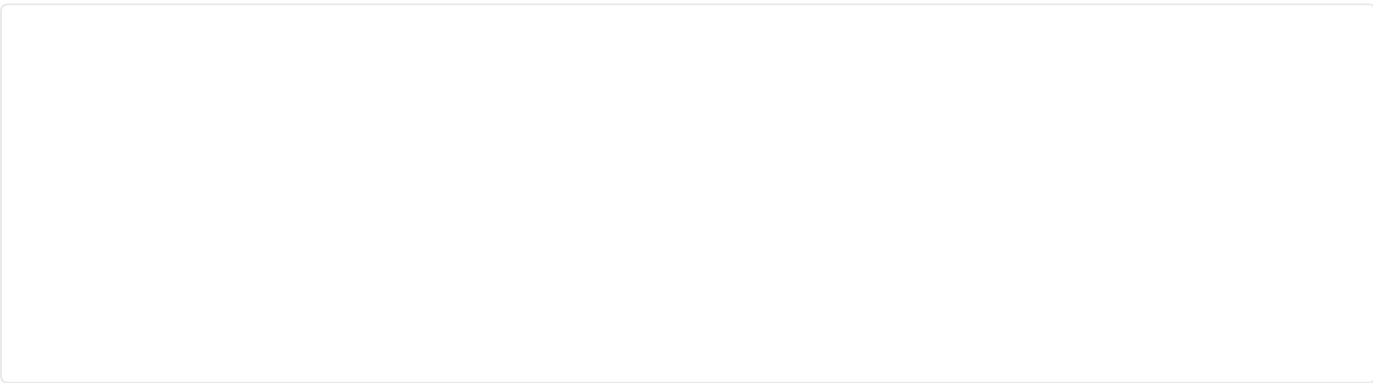


Local Event



LIMITED QUANTITIES: George's Deep Dish Award-winning pizza is coming to you. Order by Monday.

 Wednesday, 3:00 pm  Naperville, IL



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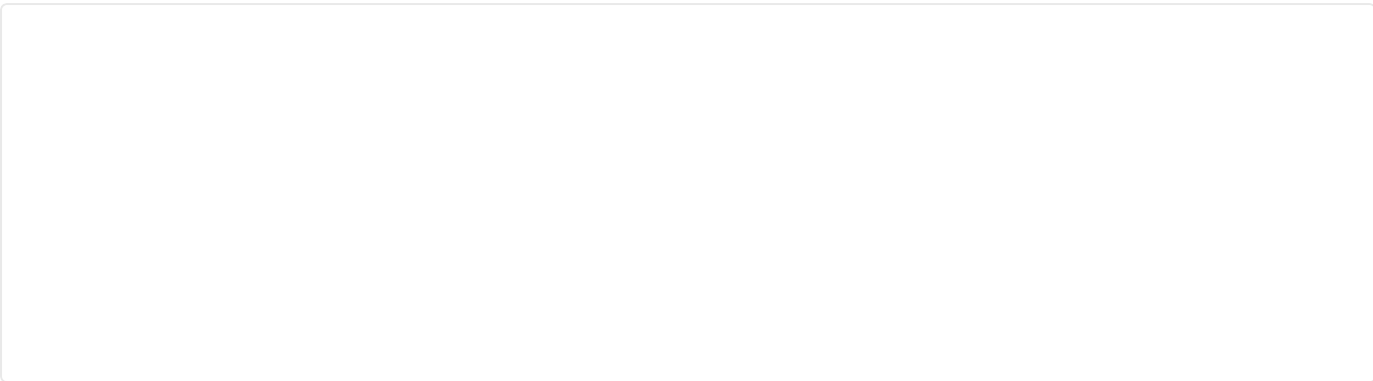


Local Event



Young Femininists Speak Up

🕒 Wednesday, 7:00 pm 📍 Naperville, IL



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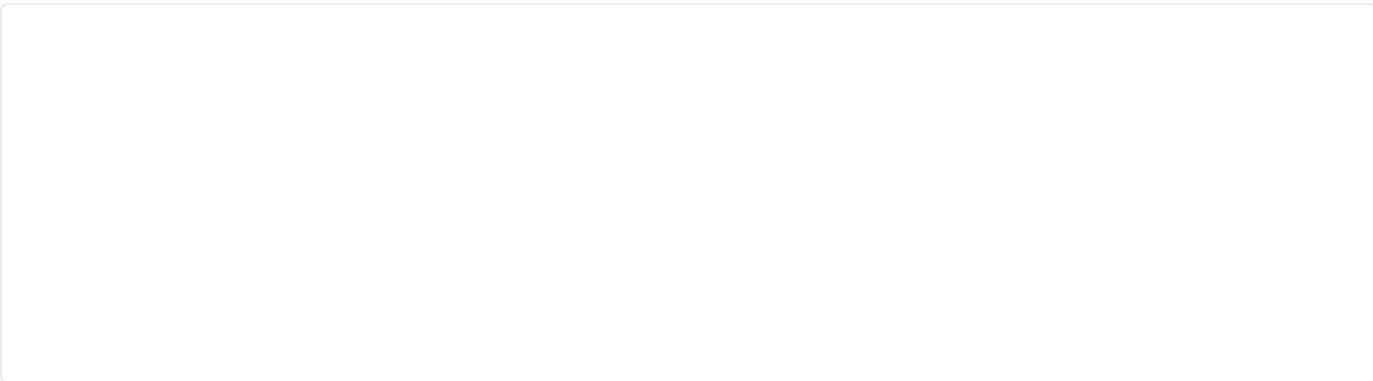


Local Event



Improv for Lawyers

🕒 Thursday, 2:00 pm 📍 Naperville, IL



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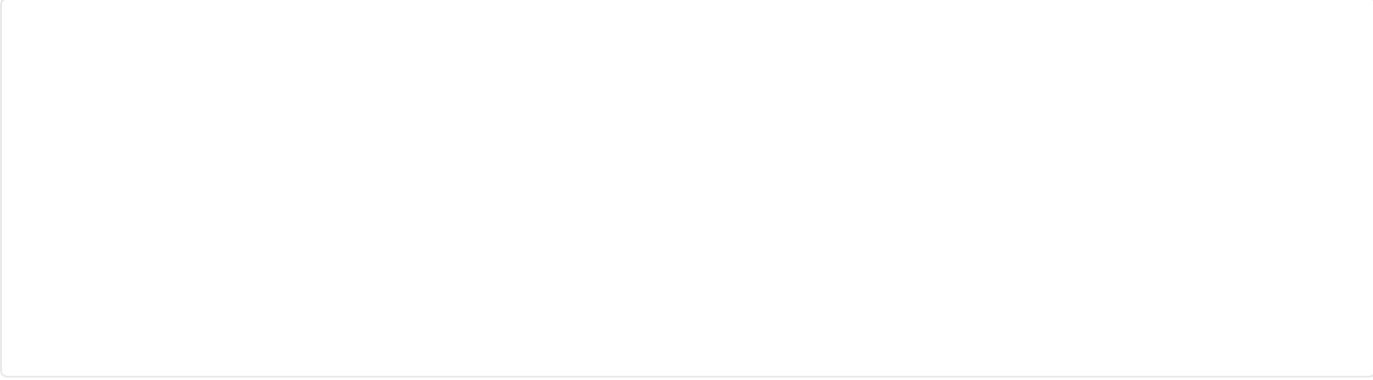


Local Event



How to Use Social History in Genealogy Research & Why You Should by Lisa Lisson

🕒 Thursday, 7:00 pm 📍 Naperville, IL



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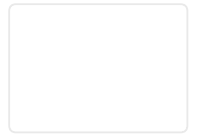
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Jan 9, 2023

ACT Course begins Sunday, January 15!



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