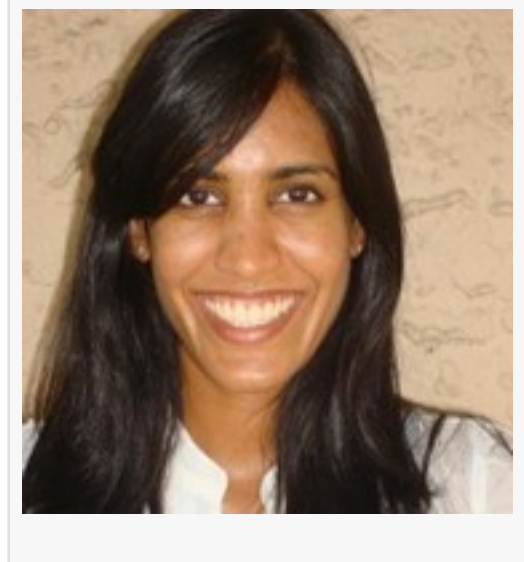


Health Conference In Naples Helps Women Understand How Lifestyle Factors Influence Brain Aging

NAPLES, FL, USA, February 18, 2014 /EINPresswire.com/ -- [Dr. Nilusha Fernando](#) of [Jaffe Sports Medicine](#), who specializes in pain management & physical therapy in Naples, will discuss how different lifestyle factors influence brain aging at the 6th Annual Women's Health Forum conference.

Dr. Nilusha Fernando of Jaffe Sports Medicine will offer her unique insights on how different lifestyle factors affect healthy brain aging at the Collier County Medical Society's 2014 Women's Health Forum, being held Saturday, March 1st in Naples, FL.



"I'm excited to be a part of this wonderful event that features so many amazing health practitioners. Having access to information is such an important part of preventative care, and knowing how our day to day activities can influence our physical and mental health is something all women should strive to better understand," said Dr. Nilusha Fernando of Jaffe Sports Medicine (<http://jaffesportsmedicine.com>).

The 6th Annual Women's Health Forum will feature more than 25 local Physicians and health experts discussing a wide range of prominent topics in wellness, with the goal of helping attendees learn how to live longer, healthier and more fulfilling lives. The event will include educational talks from local physicians, an exhibit hall to discover services for women and a complimentary continental breakfast.

The free public event is being held at the Telford Center for Continuing Education at 350 7th Street North, Naples, FL 34102, from 8:30am to 12:30pm on Saturday, March 1st.

Dr. Fernando's presentation, titled "Exercise, Lifestyle and the Successfully Aging Brain", will take place in the Telford Center auditorium during breakout session 2, from 10:20am-10:40am. In her talk Dr. Fernando will discuss how various lifestyle choices can impact brain health and the ways in which women can help insure healthy brain aging throughout their lives.

"We all have concerns about our mental health as we age, but it's important to understand that there are a wide array of activities and lifestyle choices that can have a real, tangible impact on healthy brain aging. I'm looking forward to helping attendees gain a better understanding about what happens to our brains as we grow older," Dr. Fernando said.

Those interested in attending the Women's Health Forum can register by [clicking here](#). A full schedule of presentations can be found at <http://ccmsonline.org/documents/2014WHFEventSchedule.pdf>.

For more information, contact the Jaffe Sports Medicine Veterans Park Drive office at 239-254-7778. For their Tamiami Trail North location across from NCH Downtown, call 239-331-8551. To find out more about Physical Therapy in Naples, FL, visit their website at <http://jaffesportsmedicine.com/>.

About Dr. Nilusha Fernando:

Dr. Fernando is a fellowship-trained interventional pain physician who is double board certified in Physical Medicine and Rehabilitation with a subspecialty in Pain Medicine. She practices Physical Therapy in Naples at Jaffe Sports Medicine where she is well-versed in all aspects of pain management including epidural injections, facet joint nerve blocks, radiofrequency ablation procedures, spinal cord stimulator placement, vertebroplasty/kyphoplasty and ultrasound-guided peripheral joint injections.

About Jaffe Sports Medicine:

Jaffe Sports Medicine Physicians and therapists provide physical therapy and pain management to patients suffering from acute and chronic pain as a result of diseases, injuries, or following surgical procedures. They provide comprehensive diagnosis and a wide variety of customized therapy options all performed by highly-trained and licensed therapists.

www.jaffesportsmedicine.com)

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Scott Upton

Upton Technology Group

239.567.9100

[email us here](#)

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