



defiance public library system  
Defiance • Sherwood • Hicksville

## PRESS RELEASE

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Contact: Taryn Lawson, communications coordinator

[tmlawson@defiancelibrary.org](mailto:tmlawson@defiancelibrary.org)

419-782-1456 ext. 1106

### Defiance Public Library

320 Fort St.

Defiance, OH 43512

ph. 419-782-1456

fax. 419-782-6235

### Johnson Memorial Library

116 W High St.

Hicksville, OH 43526

ph. 419-542-6200

fax. 419-542-1015

### Sherwood Branch Library

117 N Harrison

Sherwood, OH 43556

ph. 419-899-4343

fax. 419-899-3479

[www.defiancelibrary.org](http://www.defiancelibrary.org)

### Brain Bright Therapy to Present Occupational Therapy Program at DPL

**DEFIANCE, Ohio** — Adults are invited to learn more about neuro-based occupational therapy during a special program presented by Brain Bright Therapy at Defiance Public Library on Thursday, Sept. 3, at 10:30 a.m.

The program will showcase exercises designed to support emotional regulation, balance and coordination, eye tracking, impulse control and more.

Brain Bright Therapy is a specialized occupational therapy practice focused on addressing underlying factors within the brain and nervous system. Its approach incorporates eye movements, physical movements and neuro-based exercises designed to encourage neuroplasticity — the brain's ability to form and strengthen new neural pathways.

During the program, attendees will learn how these techniques can be used to help retrain the brain and develop healthier responses rather than relying on patterns that may contribute to certain symptoms.

The presentation will be led by Danielle Nelson, OTR/L, CNSI, and MaKenzie Cowden, Patient Care Coordinator.

The program is open to all adults, and no registration is required.

For more information, contact Defiance Public Library at 419-782-1456.