

FOR IMMEDIATE RELEASE

Oct.7, 2016

Contact: Jackie Cherry, Executive Director

Jackie.Cherry@suffolkcenter.org | 757.923.0003

www.SuffolkCenter.org

Suffolk Center for Cultural Arts | 110 W. Finney Ave | Suffolk, VA 23434



Link Between Music and Medicine Shows Promising Results

The Suffolk Center for Cultural Arts, in partnership with Sentara Neurosciences Institute and Sentara Music and Medicine Center, will host a music and medicine lecture and concert at the Suffolk Center on Thursday, Oct. 27 at 7:00 p.m.

The presentation is the second in the Suffolk Center’s 2016 – 2017 Speaker Series and is free and open to the public.

Dr. Kamal Chémali, Sentara Neurologist, and French pianist Prisca Benoit, Sentara Artist-in-Residence, will host a special 90 minute lecture-concert highlighting the beneficial and therapeutic effects of music on health and disease.

Music has a powerful therapeutic effect on the body. Scientific research has proven that the body benefits when music is played. Through music, parts of the brain damaged by disease can be reactivated. Patients, whose language has been affected by stroke, often improve when music is added to their treatment. Music can also improve blood pressure, pain levels, anxiety and cognition.

Dr. Chémali began studying piano at age 7 and continued his musical activities throughout his medical training. He specialized in Neurology at Case Western Reserve University – University Hospitals of Cleveland and sub-specialized in neuromuscular diseases and neurophysiology at the Cleveland Clinic.

While on the faculty at the Cleveland Clinic he established the Doctor-Patient Music Connection Program where physicians and professional musicians perform for patients in a hospital setting. An active researcher in the field of music and neuroscience, Dr. Chémali has been practicing at Sentara since 2011 and is directing the Neuromuscular and Autonomic Center and the Sentara Music and Medicine Center. He is an internationally-invited lecturer in his fields of expertise.

Known for her “intense and powerful sound,” pianist Prisca Benoit graduated with honors from the Conservatoire National Supérieur de Musique (CNSM) of Paris and

furthered her studies at Indiana University. She is the laureate of several international piano competitions.

As an internationally renowned pianist, Ms. Benoit appeared as a soloist with the respected Philharmonic and National Symphony Orchestra of Ireland and many prestigious orchestras around the world.

Ms. Benoit is also an active recording artist and an acknowledged educator and an Associate Professor of piano at the Superior National Conservatory of Music of Paris.

Since 2007, Dr. Chémali and Ms. Benoit have been collaborating on spreading the word about the effects of music on the brain on 4 continents, through scientific lectures and live concerts.

###