

Traumatic Brain Injury Treatment Center to Host a Halloween Hike-a-Thon

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Ascent Cognitive Education Center, a 501(c)(3) nonprofit organization based in Brighton, Colorado that is focused on providing treatment for chronic conditions affecting the brain, such as traumatic brain injury, is happy to announce that they are hosting a Halloween Hike-a-Thon. They are inviting residents of Colorado and the Rocky Mountain region to join. It is important to note that hiking is one the best ways to enhance and maintain brain health. Several recent research studies have shown that hiking can help the brain improve and maintain memory. It also helps in decreasing stress and anxiety, improving sensory perception, and in general keeps the brain sharper and younger. Those interested are encouraged to register by October 8, 2021.

The mission of the Halloween Hike-a-Thon is to help families in Colorado improve brain health. It has a fundraising goal of \$40,000 and is designed to provide support for families living with ADHD, addiction recovery, Alzheimers, autism, cancer related brain fog, cerebral palsy, Down syndrome, learning disabilities, PTSD, traumatic brain injury, and other conditions that affect the brain.

There are other goals for the event, too. These include: having 100 teams participate; the recommendation that participants hike for 6 to 9 miles because hiking for those number of miles each week is optimal for brain health; increase their followers and subscribers on social media and YouTube to 1,000; and inform as many families as possible that Ascent is ready to help.

Those who want to register for the Ascent Cognitive Education Center's Halloween Hike-a-Thon can do so at <https://ascentcenter.us/halloweenhike2021>. Before registering, people are encouraged to download their resource guide, for additional info on the various trails, prizes, and more. They will then need to click on the Register button to register their team. Anyone who wants to sponsor a team can donate directly to that team's page. Information is currently available for two teams of hikers, which are the Cerebral Power Team and the Guffey Grizzlies.

The Cerebral Power Team is led by Karyl Haden and is specifically hiking to honor all those affected by cerebral palsy. They have a fundraising goal of \$2,000. This is one of Ascent Cognitive Education Center's final fundraisers for the year and is designed to enable families and friends in Colorado to get out and enjoy the various benefits of a fall hike. The organization's various programs have all been scientifically proven to help with various conditions, such as addiction recovery, Alzheimers, ADHD, cancer related brain fog, cerebral palsy, autism, learning disabilities, PTSD, Down syndrome, traumatic brain injury, and more.

The Guffey Grizzlies is led by Lisa Kreinbrink and has a fundraising goal of \$500. They will be hiking on their property in Guffey, CO, and they will begin at Tess Trace Rd, hike to each of the cliff areas, and end at the top of the property at Sunset Cliffs. Their hike will be done to honor those who have experienced a head injury or anxiety from trauma.

Ascent Cognitive Education Center offers the Ascent Resilient Mind Method, which is a program that combines the power of three scientifically proven methods of learning and cognitive development. These are the: Feuerstein Instrumental Enrichment program, which was developed by Reuven Feuerstein after World War II to assist child survivors of the holocaust in building and restoring brain function; Positive Education, which is the educational component of the Positive Psychology discipline; and their Psychological Tools Thrive program, which can help solidify a person's identity and sense of self to achieve long-term success.

Founded in 2021, Ascent Cognitive Education Center has the goal of helping families in Colorado enhance their brain health and thrive through their different programs. They offer a drug-free alternative and support for the entire family. The non-profit is headed by Karyl Haden who is a licensed teacher in the State of Colorado and also an Internationally Board Certified Cognitive Specialist.

Those who are interested in learning more about help for traumatic brain injury and other services provided at Ascent Cognitive Education Center can check out their website, or contact them by phone or through email.

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For more information about Ascent Cognitive Education Center, contact the company here: Ascent Cognitive Education Center Karyl Haden 303-990-7924 support@ascentcenter.us

Ascent Cognitive Education Center

Helping Families Take Back Their Lives From Cognitive Conditions! Bringing the brain's ability to change itself together with sciences of well-being and identity to bring stability and peace. A drug-free option and support for the entire family.

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