



Vitruvian Health

FOR IMMEDIATE RELEASE

FOR MEDIA
INFORMATION

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Hamilton Medical Center seeks to boost early brain development

DALTON, Ga. (November 21, 2025) – Hamilton Medical Center (HMC), part of Vitruvian Health, has just launched a new program to inform and equip parents with the knowledge and tools they need to maximize their child’s brain capacity from day one.

Build a Brain, Build a Life, Build a Community® is a program that helps educate parents and caregivers about the crucial role they play in helping to develop a child’s brain and the importance of talk and interaction to fuel healthy brain development in the first three years of a child’s life.

“Caring for your child starts with building strong foundations for life, and we believe every child deserves the best possible start in life,” said Melinda Edgeman, Women’s Services director. “We’re proud to offer this program to every new family.”

Build a Brain® focuses on parent-child communication and how that affects language and vocabulary development. Their mission is to inform parents and caregivers about the role they play, equip them with the knowledge and tools needed and support them with cutting edge resources to provide ongoing help.

Build a Brain® is supported at HMC through the Family Support Council, which exists to create a model community in which all children are safe, nurtured and empowered to reach their full potential.

Parents having a baby at HMC will receive proven tools to support their child’s growth, including a video lesson on how early talk fuels brain development, a Baby Steps milestones book to track progress, and a monthly digital newsletter with tips, activities and encouragement.

“Words are food for a baby’s brain,” said Edgeman. “Start speaking their future today.”

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Photo: From left are Jennifer Ball, social worker; Angela Lacle, Mother Baby clinical manager, Kathy Bridges, Family Support Council; Rosie Martinez, Family Support Council; Emma Cate Heiden, registered nurse; and Julie King, registered nurse.

About Hamilton Medical Center

The flagship affiliate for Vitruvian Health's Northwest Georgia region, Hamilton Medical Center (HMC) is a 255-bed regional acute-care hospital that offers major medical, surgical and diagnostic services, including accredited stroke and chest pain centers. Advanced technology and wellness are two significant areas of focus for HMC. Services include the freestanding Hamilton Ambulatory Surgery Center, Hamilton Diagnostics Center, and Bradley Wellness Center, as well as a Level II trauma center, Peeples Cancer Institute, Heart & Vascular program (including open heart surgery), Hamilton Spine Health and Sport, Level III Neonatal Intensive Care Unit, and more.

About Vitruvian Health

Vitruvian Health, formerly Hamilton Health Care System, is a not-for-profit, fully integrated health system serving the Northwest Georgia and Southeast Tennessee regions. Vitruvian includes Hamilton Medical Center in Dalton, Ga., and Bradley Medical Center in Cleveland, Tenn., affiliated physician practices, walk-in care centers, retirement and skilled nursing centers, a diagnostic center, a cancer institute, an institute for children with developmental delays, and more. Known for its advanced care and personalized service, Vitruvian Health offers innovative treatment options in state-of-the-art facilities while maintaining a compassionate, friendly and tranquil healing environment.

The Vitruvian name draws from the organization's recognizable da Vinci-inspired Vitruvian Man icon, which has been a prominent part of Hamilton's logo since 1976. Da Vinci's Vitruvian Man represents harmony, balance, and the interconnectedness of all aspects of health, perfectly aligning with Hamilton's integrated system of care.