

Survivor and Family Seminar Eastern Missouri

**October 6, 2018
Marriott St. Louis West
660 Maryville Centre Drive, St. Louis, MO 63141**

Program Sessions 2018

- 8:15 am – 9:00 am Registration
- 8:30 am – 9:00 am *Brain Injury 101*
Pre-seminar session for individuals and families recently impacted by brain injury or years post-injury with unanswered questions.
- 9:00 am – 9:15 am Welcome
- 9:15 am – 10:15 am *Daily Life of a Survivor of Brain Injury*
Personal stories by survivors for support and suggestions.
- 10:15 am – 10:30 am Break with Exhibitors
- 10:30 am – 11:15 am *Behavior Following Brain Injury*
Discuss changes in behaviors following a brain injury and discover tips for managing the changes.
- 11:15 am – 11:25 am Break
- 11:25 am – 12:15 pm *Fighting Fatigue*
Recognize the difference between tiredness and fatigue and ways to improve your activity level!
- 12:15 pm – 1:30 pm Awards Luncheon and Visit with Exhibitors
- 1:30 pm – 2:15 pm *Let's Talk*
Facilitated discussions to encourage sharing of experiences of life with brain injury. There will be one group for persons with brain injury and one for family and friends.
- 2:15 pm – 2:30 pm Exhibit Break and Raffle Prizes
- 2:30 pm – 3:30 pm Breakout Session
So Many Questions
Discuss options related to post-injury healthcare, rehab residential services, guardianship and special needs trusts.

Healthy Me and Stress Free
Learn what to do to improve yourself with nutrition, dental care and stress management techniques.

REGISTRATION INFORMATION ON REVERSE SIDE



Survivor and Family Seminar Eastern Missouri

Brain Injury Association of Missouri
2265 Schuetz Road
Saint Louis, Missouri 63146-3409



Brain Injury Association of Missouri Survivor and Family Regional Seminars

The Brain Injury Association of Missouri (BIA-MO) Survivor and Family Regional Seminars provide helpful information, practical suggestions and support for life with brain injury.

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No Charge - Registration Required
The BIA-MO Survivor and Family Seminars are organized by local committees comprised of survivors of brain injury, family members and professionals.

TO REGISTER: By mail - Brain Injury Association of Missouri, 2265 Schuetz Road, St. Louis, MO 63146
By Fax - 314.426.3290; By Phone - 800.444.6443; Online - www.biamo.org.

Unable to attend, but my donation to support the work of BIA-MO is enclosed.

Dietary Restrictions: _____

Others attending: 1. _____

2. _____

Day Phone: () _____

E-mail: _____

Address: _____

City/State/Zip: _____

Name: _____

I/We will attend Eastern Missouri Seminar - Oct. 6 Awards Luncheon Only

Registration Form — No Charge, but registration is required!