



Survivor and Family Seminar

Same Sessions - Three Locations

WESTERN

March 3, 2018

First Baptist Church of Blue Springs
4500 Little Blue Parkway,
Independence, MO 64057

SPRINGFIELD

March 10, 2018

Catherine McAuley Conference Center
Mercy Medical Center - Springfield
1235 E. Cherokee, Springfield, MO 65804

EASTERN

October 6, 2018

Marriott St. Louis West
660 Maryville Centre Drive
St. Louis, MO 63141

Program Sessions 2018

- 8:15 am – 9:15 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 *Behavior Following Brain Injury*
Discuss changes in behaviors following a brain injury and discover tips for managing the changes.
- 10:15 am – 10:30 am Break with Exhibitors
- 10:30 am – 11:15 am *Fighting Fatigue*
Recognize the difference between tiredness and fatigue and ways to improve your activity level!
- 11:15 am – 11:25 am Break
- 11:25 am – 12:15 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.
- 12:15 pm – 1:00 pm Lunch and Visit with Exhibitors
- 1:00 pm – 1:45 pm *Stress Management*
Explore options for stress management and self-care.
- 1:45 pm – 1:50 pm Break
- 1:50 pm – 2:30 pm Breakout Session
So Many Questions
Discuss options related to post-injury healthcare, rehab residential services, guardianship and special needs trust.
- Healthy Me*
Learn what to do to improve yourself with exercise, nutrition and more.

REGISTRATION INFORMATION ON REVERSE SIDE

BRAIN INJURY ASSOCIATION OF MISSOURI
2265 SCHUETZ ROAD, SAINT LOUIS, MISSOURI 63146-3409
314.426.4024 ♦ 800.444.6443 ♦ Fax: 314.426.3290 ♦ www.biamo.org
Facebook: www.facebook.com/BIA.MISSOURI ♦ Twitter: twitter.com/BIA_Missouri



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

Survivor and Family Seminar

WESTERN - March 3, 2018 Kansas City
SOUTHWEST - March 10, 2018 Springfield
EASTERN - October 6, 2018 St. Louis



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. The same sessions are presented on all three dates.

WESTERN

MARCH 3, 2018

First Baptist Church of Blue Springs
 1-70 Campus
 4500 Little Blue Parkway
 Independence, MO 64057

SOUTHWEST

MARCH 10, 2018

Catherine McAuley Conference Center
 Mercy Medical Center - Springfield
 1235 E. Cherokee
 Springfield, MO 65804

EASTERN

OCTOBER 6, 2018

Mariott St. Louis West
 660 Maryville Centre Drive
 St. Louis, MO 63141

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.

I/We will attend Western - March 3 Southwest - March 10 Eastern - Oct. 6

Registration Form — No Charge, but registration is required!

Name: _____
 Address: _____
 City/State/Zip: _____
 Day Phone: () _____
 E-mail: _____
 Others attending: 1. _____
 2. _____

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

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.