

Saturday, March 26, 2022 • Saturday, April 2, 2022

Online Educational Sessions 2022

Saturday, March 26

9:45 am – 10:00 am **Welcome**

10:00 am – 10:45 am **Mindful Movements and Meditation**

Interactive session of survivor-friendly movements and mindfulness for exercises, relaxation, and fun.

11:00 am – 11:45 am **Healthy You, Healthy Brain**

Learn how different habits, foods, and activities affect your brain, actions, and daily life.

11:45 am – 12:00 pm **Conclusion**

Saturday, April 2

9:45 am – 10:00 am **Welcome**

10:00 am – 10:45 am **Organization for Today**

Learning tips on what you can do today to be prepared for tomorrow. This includes keeping a routine, organizing your surroundings, composing your thoughts, and more.

11:00 am – 11:45 am **Finding Your Voice**

Learn ways to communicate your needs and wants at every stage of recovery. Use little steps to have a big impact for self-advocacy.

11:45 am – 12:00 pm **Conclusion**

Participation is FREE but Registration is Required.

Seminar login information will be sent to all registered participants around March 23.

REGISTRATION INFORMATION ON REVERSE SIDE



Brain Injury Association of Missouri Survivor and Family Education 2022

The Brain Injury Association of Missouri (BIA-MO) Survivor and Family Education 2022 will provide helpful information, practical suggestions and support for life with brain injury. This year, the BIA-MO Survivor and Family Education is online.

You are encouraged to participate in both days.

SATURDAY **SATURDAY**
MARCH 26, 2022 **APRIL 2, 2022**
9:45 am - 12:00 pm **9:45 am - 12:00 pm**

Program Partners



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Address: _____
Day Phone: () _____
E-mail: _____
Others attending: 1. _____
2. _____

Unable to participate, 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
Online - www.biamo.org; By Fax -314.426.3290; By Phone - 1.800.444.644 or 314-426-4024.

