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
MARCH 26, 2022
9:45 am - 12:00 pm

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

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 - 1.800.444.6440 or 314.426.4024.

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

OTHERS ATTENDING: 1.

Day Phone: ( ) E-mail: 
City/State/Zip: 

Name: __________________________________________
Address: __________________________________________
City/State/Zip: __________________________
Day Phone: __________________________
E-mail: __________________________
 Others attending: 1. __________________________

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

These materials are based upon work supported by the National Institute of Food and Agriculture (NIFA), United States Department of Agriculture, under sponsored project number 2018-41590-22323.