



The 2023 Brain Injury Survivor Series via ZOOM

Please join the Brain Injury Hope Foundation (BIHF) for another year of exciting and interactive survivor series designed just for YOU! We explore ways to achieve a better life for people with BI and Post Traumatic Stress (PTS). These sessions will help you accomplish your definition of success. Spouses, family, friends, and professionals who serve the BI community are welcome AND other communities (ABI, Stroke, Parkinson's, MS, etc.) are welcome too.

Sessions will be on ZOOM until further notice!



<https://www.braininjuryhopefoundation.org/events/>

Feb. 10

1:00 p.m. to 2:30 p.m.
Mountain time

Brain Injury (BI) Survivor Panel: How to Thrive Living in a BI World

Join our panelists who have first-hand knowledge and lived experience in the BI world. Many ask, after a brain injury, "What now? What's next? What can I do with my life? What kind of work and life is in the cards for me at this time? What are others doing with their lives after Brain Injury? Our panelists will share what they have created and how they did it, AND best practices for creating a life filled with well-being, positivity, re-emergency and resiliency. They will share their stories about reinventing themselves, their experiences with treatments and the techniques they use for staying organized, allocating energy and dealing with memory loss. Panelists include Sharon Mehesy, Danielle Meyer, Jena Taylor, and Jeffrey Therrien. Please join us for this insightful session!

PLEASE REGISTER ONLINE AT
www.braininjuryhopefoundation.org

Please register by February 7, 2023

Registration is donation-funded so there is no cost to participants. If you do not have a computer with a camera, you can call in. All who register will receive a ZOOM invitation a few days prior to the event.

TIME ZONES: Please check your time zone

12 noon—1:30 pm Pacific
1 pm—2:30 pm Mountain
2 pm—3:30 pm Central
3 pm—4:30 pm Eastern

QUESTIONS? Contact Joanne Cohen at: (720)389-0670 ext. 2 **TECHNICAL QUESTIONS on day of event? Text Gayann Brandenburg at 303-349-4058**

SPONSORS

Upper Tier Sponsors: Dr. Steve and Debbie Cohen

Thank you to many in our BI Community who also made generous donations.

We are looking for additional sponsors for 2023. Please contact a BIHF board member if you have any ideas!

All sessions are the second Friday of each month 1 pm—2:30 pm Mountain time. If you do not receive our emails for the Survivor Series, please email BIHF at info@braininjuryhopefoundation.org.

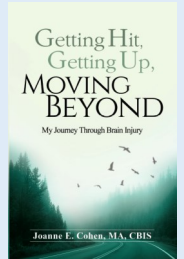
The 2023 BI Survivor Series



Your Host/Panel Facilitator: Joanne Cohen, M.A., CBIS/Vice-President of the Brain Injury Hope Foundation and Managing Partner, CTAT, LLC

Joanne was in a car accident in 1992 while vacationing in the Bahamas. Her life was forever changed. She was unable to walk and a year later she discovered many of her personal challenges were due to a traumatic brain injury (TBI). Joanne has overcome many obstacles and has exceeded her medical diagnosis, leading to a remarkable and inspirational story and recovery, then and again in 2014 and 2019.

Joanne published her first book in June, 2019, *Getting Hit, Getting Up, Moving Beyond: My Journey Through Brain Injury*, a compelling story of her challenges as she faced sequential “hits” and how she handled adversity with resilience time after time. She depicts the path to “moving beyond” and create a full life that includes tools to do so, many that can now be used as we are all “hit” with the Covid-19 crisis. Her book is available at Amazon.com or BarnesandNoble.com




Save the DATES!

February 10, 2023

March 10, 2023

April 14, 2023

May 12, 2023

June 9, 2023

July 14, 2023

August 11, 2023

September 8, 2023

October 13, 2023

Mar 10

Cognitive Fatigue Following Brain Injury

Join Dr. Mary Ann Keatley, Ph.D., CCC and Co-Founder of The Brain Injury Hope Foundation for the latest research on Cognitive/Mental Fatigue following traumatic, acquired, and COVID-related brain injury. This webinar will be facilitated by Joanne Cohen on the symptoms that many brain injury survivors experience following this injury--including physical, mental and emotional fatigue. Dr. Keatley will give us an understanding of the causes of mental fatigue, sleep disorders, and the tools and treatments to deal with the aftermath of BI.

April 14

Nutrition Panel: Feeding Your Brain in a Healthy Way!

A healthy diet during the recovery (and beyond) from a brain injury is most important and beneficial. Learn how to help yourself, wisely fuel your body, and make healthy choices to improve memory, recall, and energy. Panelists include: Julie Nygard, Founder/Owner of The Chocolate Therapist; Dr. Shane Steadman, Clinic Director, Integrated Health Systems, and Cavin Balaster, Author of *How to Feed a Brain: Nutrition for Optimal Brain Function and Repair*.

May 12

Care Partner Panel

More information soon

Register at <https://www.braininjuryhopefoundation.org/online-registration/>