



The 2024 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!



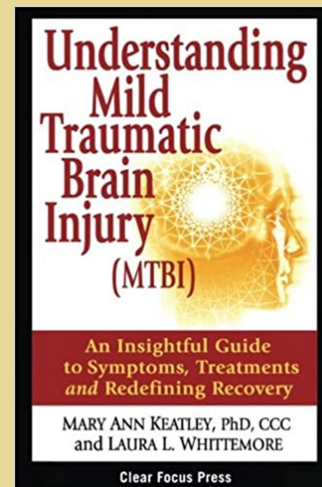
<https://www.braininjuryhopefoundation.org/events/>

Oct. 11

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

The Aging Brain: What You Need and Want to Know

Join Dr. Mary Ann Keatley, Ph.D., CCC and Co-Founder of The Brain Injury Hope Foundation (BIHF) in Colorado, and Joanne E. Cohen, M.A., CBIS, Vice-President of BIHF, for the latest research on Cognitive/Mental issues including ways to keep your cognitive functions following a brain injury or neurological disease (memory, processing speed, flexibility of thinking, logic, and language) at more efficient performance levels as you age. We will also discuss fatigue and sleep disorders as you age and current research on exercise, nutrition, meditation and spiritual fitness as ways to help the aging brain.



PLEASE REGISTER PRIOR TO OCTOBER 11th AS WE CANNOT GUARANTEE SENDING ZOOM LINK ON THE DAY OF OUR PROGRAM.

PLEASE REGISTER ONLINE AT

www.braininjuryhopefoundation.org

Please register by October 9th, 2024

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 an email reminder with the zoom link a few days prior to the event. Please login early to prevent last minute issues!

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

Registration questions? Contact Joanne Cohen at: (720)

389-0670 ext. 2 **TECHNICAL QUESTIONS on day of event? Email [Gayann at gbrandenburg@braininjury](mailto:Gayann@gbrandenburg@braininjury)**

SPONSORS

Upper Tier Sponsors: Dr. Steve and Debbie Cohen, Dr. Danny Mistry, MINDSOURCE, and thank you to many in our BI Community who also made generous donations.

We are looking for additional sponsors and grants to support the Survivor Series. 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.

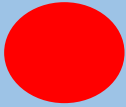
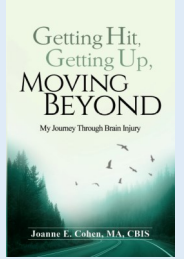
The 2024-2025 BI Survivor Series



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!

January 10, 2025

May 9, 2025

February 14, 2025

June 13, 2025

Sept 12, 2025

March 14, 2025

NO JULY

Oct 10, 2025

April 11, 2025

Aug 8, 2025

Jan 10

TBD

Feb 14

TBD

Mar 14

TBD

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