

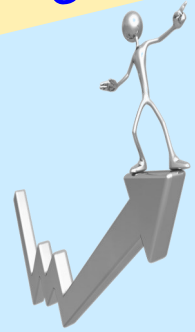


The BI Survivor Series is back for 2018 with LUNCH!

Please join the Brain Injury Hope Foundation (BIHF) for this exciting, interactive, Survivor Series designed just for YOU!

We explore ways to achieve a better life for people with BI and PTS. These sessions will help you accomplish your definition of success. Spouses, family, friends, and professionals who serve the BI and other communities are welcome.

Survivor Series



All training sessions will be hosted by and held at:

Rocky Mountain Human Services
9900 E. Iliff Ave., Denver, CO 80231

All sessions are scheduled for 12:00 p.m.—2:30 p.m. Lunch begins at noon.

Session #1

January 12, 2018 12:00 p.m.—2:30 p.m.

Topic: Successful Survivor Panel: Living with a TBI

Lives change after brain injury. Many ask, "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?" Join your peers who have created success and wish to share what they have created and how they did it. Join this workshop for inspiration and best practices for creating a life filled with well-being.

Session #2

February 9, 2018 12:00 p.m.—2:30 p.m.

Topic: Getting Hit, Getting Up, and Moving Beyond—Keys to Re-empowerment for Survivors of TBI

Speaker: Joanne Cohen, CTAT, LLC

Please join us to gain a sense of motivation, inspiration, and to obtain thirteen re-empowerment tools presented by someone who has been touched by multiple TBI incidents. Our speaker was in a car accident twenty five years ago while vacationing in the Bahamas. This changed her life forever - she was unable to walk and a year later discovered many of her personal challenges were due to a TBI. In 2014 she was rear-ended three times and experienced two more TBIs. Joanne has overcome many obstacles and exceeded the medical diagnosis, leading to a remarkable and inspirational story and recovery. The purpose of this presentation is to focus on ABILITY rather than DISability, and to demonstrate and encourage commitment to living one's life to the fullest and the "new and different you."

Session #3

March 9, 2018 12:00 p.m.—2:30 p.m.

Topic: Disclosure

Speaker: Gayann Brandenburg, CTAT, LLC

Whether one is in a social or a professional setting, the decision whether or not to disclose a brain injury (or any disability) is always personal and can change based on the particulars of the situation. With an emphasis on employment settings but applicable everywhere, this session will explore the advantages and disadvantages of disclosure, will examine the when-how-why factors influencing disclosure, and will offer suggestions to remove the fear associated with disclosure. Learn to compose yourself as you disclose yourself!

Session #4

April 13, 2018 12:00 p.m.—2:30 p.m.

Topic: Brain Injury Treatment Panel

Please come and participate in a conversation with our presenters who will discuss a variety of different treatments for individuals who have experienced a Traumatic Brain Injury (TBI). Join us to hear what they have to say and bring your questions to ask too!

Session #5

May 11, 2018 12:00 p.m.—2:30 p.m.

Topic: Beyond Surviving: Fatigue & Energy Management

Speaker: Joanne Cohen, CTAT, LLC

Unleash the power of the new you with this informative training on options to manage fatigue and ways to increase your energy. This training will cover information specific to brain injury and energy.

Session #6

June 8, 2018 12:00 p.m. - 2:30 p.m.

Topic: Brain Foods & Nutrition Tips for TBI Survivors - Eat to Thrive

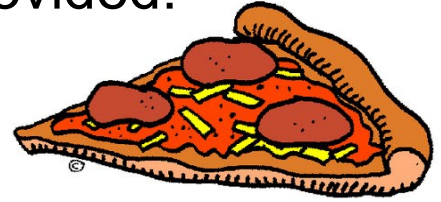
Speaker: Joanne Cohen, CTAT, LLC

A healthy diet during the recovery (and beyond) from a brain injury is important and beneficial. It is recommended by experts to eat healthy foods to help the brain function as effectively and efficiently as possible. What are the recommended "brain foods?" What foods can we choose to avoid and why? Learn how to help yourself, wisely fuel your body, and make healthy choices to improve memory, recall, and energy. Samples of some brain foods will be available at this session for you to enjoy!



Return this form to register

Lunch Provided!



Fill out the registration information and check the events that you will be attending. Then send this page to Brain Injury Hope Foundation to register.

REGISTER BY MAIL AND SEND TO:

Brain Injury Hope Foundation
6732 West Coal Mine Avenue
Suite 227
Littleton, CO 80123

OR REGISTER BY FAX: (303)904-1725

For questions, email or call:

Joanne Cohen
jcohen@braininjuryhopefoundation.org
(720)389-0670 ext. 2

REGISTRATION INFORMATION:

Name: _____

Address: _____

City: _____

State: _____

ZIP: _____

Phone: _____

Email: _____

****Please be sure to provide an email address to receive a confirmation of your registration.**

I WILL BE ATTENDING THE FOLLOWING SELECTED EVENTS (CHECK ALL EVENTS YOU WILL BE ATTENDING):

- | | | |
|---|------------------------|--|
| <input type="checkbox"/> January 12, 2018 | 12:00 p.m.—2:30 p.m. | Successful Survivor Panel: Living with a TBI |
| <input type="checkbox"/> February 9, 2018 | 12:00 p.m.—2:30 p.m. | Getting Hit, Getting Up, and Moving Beyond—Keys to Re-empowerment for Survivors of TBI |
| <input type="checkbox"/> March 9, 2018 | 12:00 p.m.—2:30 p.m. | Disclosure |
| <input type="checkbox"/> April 13, 2018 | 12:00 p.m.—2:30 p.m. | Brain Injury Treatment Panel |
| <input type="checkbox"/> May 11, 2018 | 12:00 p.m.—2:30 p.m. | Beyond Surviving: Fatigue & Energy Management |
| <input type="checkbox"/> June 8, 2018 | 12:00 p.m. - 2:30 p.m. | Brain Foods & Nutrition Tips for TBI Survivors - Eat to Thrive |

Please mark the dates on your calendar.