



# The 2020 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!

 [Braininjuryhopefoundation.org/events/](https://braininjuryhopefoundation.org/events/)

**Aug 14**

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

## Brain Foods & Nutrition Tips for TBI Survivors: Eat to Thrive!

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: Jess Sorci, Vital Source Nutrition; Richard Garde, D.C. (Retired) and Brain Injury Warrior (BIW); and Jessica Bauer, M..S., CNS, Good Farma, LLC.

### REGISTER BY MAIL: *(mailing address only)*

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

### REGISTER ONLINE

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

REGISTER BY FAX: (303) 904-1725

SCAN OR PHOTO AND EMAIL TO:

jcohen@braininjuryhopefoundation.org

QUESTIONS? Contact Joanne Cohen at:  
(720)389-0670 ext. 2

Registration is at no cost to participants and grant funded by MINDSOURCE.

PLEASE REGISTER ME FOR AUGUST 14, 2020  
Register by August 11, 2020—Attendance Limited to 100

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please be sure to provide an email address to receive an email confirmation /reminder of your registration a few days before event.

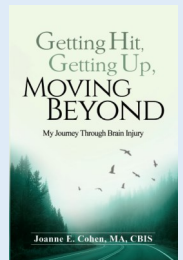
## The 2020 BI Survivor Series



**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!**

Sept. 11, 2020  
Oct. 9, 2020  
Nov 13, 2020  
(Topic TBD)

### Upper Tier Sponsors

MINDSOURCE—Brain Injury Network, Centennial Rotary Club, Dr. Steve and Debbie Cohen, and TBD. Thank you to many of our BI Community who also made generous donations.

**We are looking for additional sponsors for 2021.** Please contact a BIHF board member if you have any ideas!

Registration is grant funded and at no cost to participants. We can accept up to 100 registrations for our ZOOM webinar. 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 June 26th.

**The 2020 registration is available online. If you do not receive our emails for the Survivor Series, please email BIHF at [info@braininjuryhopefoundation.org](mailto:info@braininjuryhopefoundation.org).**



### Caregiver Panel: Strategies to Support BI Survivors and Yourself!

Join our panelists who have first-hand knowledge of caregiving a loved one. They will lovingly share their insights, up's and down's, perspectives and best practices to support loved ones and themselves in the process. Panelists: Iris Reyes, (wife of BI Survivor) Len Finegold, (husband of BI Survivor), Andrea Isaacs, (dated BI Survivor), and Kristina Martinez (experience running care-giving groups with military families.) Please join us for this insightful and inspirational session! Sponsored by MINDSOURCE.

**Sept 11**

### Cognitive Rehabilitation and Mental Fatigue

Join Dr. Mary Ann Keatley, Ph.D., CCC and Co-Founder of The Brain Injury Hope Foundation, for a well researched webinar and Q&A facilitated by Joanne Cohen on what so many brain injury survivors experience after a brain Injury/brain injuries—cognitive fatigue. Dr. Keatley will give us an understanding of what causes mental fatigue, sleep disorders, and tools to deal with the frustrating aftermath of BI. Sponsored by MINDSOURCE.

**Oct 9**

Register at [Braininjuryhopefoundation.org/events/](https://braininjuryhopefoundation.org/events/)