



The 2025 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.

Go to <https://www.braininjuryhopefoundation.org/events/> to register.

June 13

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

Rewiring Your Brain Through Mindfulness, Yoga, Meditation, and Community

Join Love Your Brain to look at how we respond to stress and learn tools to get back into balance. When we are in balance, our body, mind, and spirit all work together to create a harmonious internal sense of being. By promoting your brain reserves through physical and spiritual fitness, you can bring your life back into balance. Come join us to acquire additional tools for your toolbox and more joy in your life.

PLEASE REGISTER PRIOR TO JUNE 12TH AS WE CANNOT GUARANTEE SENDING ZOOM LINK ON THE DAY OF OUR PROGRAM. YOU WILL GET A CONFIRMATION AND LINK IMMEDIATELY AFTER REGISTERING.

PLEASE REGISTER ONLINE AT
www.braininjuryhopefoundation.org
Please register by June 11, 2025

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 confirmation with zoom link immediately after registering and 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: (303) 704-9861. **TECHNICAL QUESTIONS on day of event? Email Gayann at gbrandenburg@braininjuryhopefoundation.org before the event.**

SPONSORS

Upper Tier Sponsors: Dr. Steve and Debbie Cohen, and thank you to many in our BI Community who 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.

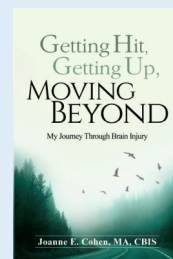
The 2025 BI Survivor Series



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!

June 13, 2025

Sept 12, 2025

NO JULY

Oct 10, 2025

Aug 8, 2025

Aug 8

Employment and Brain Injury: How to Reinvent Yourself

Reinventing yourself through employment after a brain injury may seem daunting but it is also an opportunity for growth and new beginnings. Your previous employment may not be a good match for your current strengths, skills, and interests. Yet, with determination and the right strategies and supports, it is possible to find or redefine meaningful work that aligns with your new circumstances. By assessing your strengths, exploring new opportunities, securing necessary accommodations, investing in education, and prioritizing your well-being, you can successfully transition into a fulfilling and supportive work environment. Our panel will present practical ideas and steps to take when you are preparing to go back to work. Speakers TBD.

Sept 12

The Art of Neuro-Anatomy: The Marriage of Art, Science and the Brain

Please join Dr. Maureen Stabio, Modern Human Anatomy Program, University of Colorado ANSCHUTZ MEDICAL CAMPUS and Katie Caron, MFA, Department Chair, Art & Design Center at Arapahoe Community College (ACC) for an enlightening conversation of how Art, Science, and the Brain are all connected. Katie was on our Creativity panel and collaboration with Dr. Stabio to produce the Neuron Forest Installation. We will begin this program by showing a video of Neuron Forest and Katie's creative process to design and implement this brilliant exhibit of our brain, in partnership with Dr. Stabio.

Oct 10

Innovative Ways to Create a New Life and Positive Experiences

Dr. Borden Smith (Kaiser), Mary Pavlantos, PT, DPT, CBIS, and Jena Taylor will share their remarkable stories of rebuilding their lives, resilience, and helping others. These professionals, who are “wounded healers” will discuss lessons learned and how they became innovative in their lives, creating a new life and positive experiences. Learn what they are doing now as a result of their experience with brain injury and other life challenges. Want to be inspired? Join us for our last Survivor Series in 2025!

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