



The 2026 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.

April 10

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

Brain Injury Treatment Panel: Options for Health and Wellness

We are fortunate to have a “potpourri” of topics and speakers for this program: Doris Sanders, a BI survivor, will discuss her positive experience using Hyperbaric Oxygen; Dr. Amy Elsila, OD will cover Vision and Vision Therapy; Rachel Walker, ND, LMT, specializes in integrative care and patient advocacy. Her approach to naturopathic medicine is evidence-based but open minded; and Michelle Ranae Wild, Brain Education Strategies & Technology, Inc. (BEST). Join us for interesting conversations with our exemplary panelists!

PLEASE REGISTER EARLY—you will receive a ZOOM link when you register.

PLEASE REGISTER ONLINE AT
www.braininjuryhopefoundation.org
Please register by April 8, 2026

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: (303)351-6872, ext 2. **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.

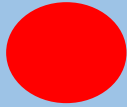
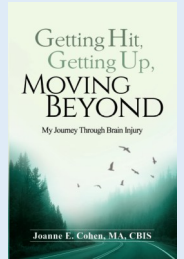
The 2026 BI Survivor Series



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

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!

April 10, 2026

May 8, 2026

June 12, 2026

July 12, 2026

August 14, 2026

Sept. 11, 2026

Oct. 9, 2026

Nov. 13, 2026

May 8

Care Partner Panel: Triumphs and Challenges

Join us for a panel of individuals who have been in a Care Partner role with brain injury survivors and learn, from their perspective, their triumphs and challenges. Martha Kaynatua, Jack Sanders, Evon Lopez, Gail Heitland, and Researcher Judy Gargano are our esteemed panelists who will open our eyes to what it is like to be in the shoes of someone in this capacity—what they have done well, what they feel they could do or could have done even better, how they have or have not taken care of themselves in this role, etc. Your eyes will be opened wide when you hear what they have to say.

June 12

Yoga Nidra for Sleep and Mental Health after Brain Injury

Join Bridget Hearne, from LoveYourBrain, to learn about AND experience Yoga Nidra. Yoga Nidra is a deep relaxation technique where you follow guided instructions to achieve conscious awareness while the body relaxes completely and your mind becomes calm and aware. This is another tool for your toolbox!

July 12

Nutrition, Physical Activity, and Weight Management for the Brain Injury Community: Improving your Health and Well-Being

We are grateful to have speakers Jessica Green, from CommonSpirit, Dr. Shane Steadman, with Integrated Health Systems, and Holly Bennett and Alyssa Berg at Silver Strength, LLC. Want to improve your health and well-being through nutrition, physical activity, and/or weight management? Choose to join us!

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