



# 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.

**June 12**

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

## 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!

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

**PLEASE REGISTER ONLINE AT**  
[www.braininjuryhopefoundation.org](http://www.braininjuryhopefoundation.org)

### **Please register by June 10th**

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](mailto: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](mailto:info@braininjuryhopefoundation.org).**

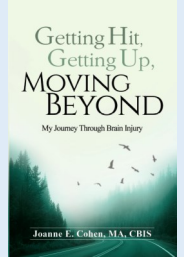
## The 2026 BI Survivor Series



**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!**

June 12, 2026

Sept. 11, 2026

July 12, 2026

Oct. 9, 2026

August 14, 2026

Nov. 13, 2026

**July 10**

### **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!

**Aug 14**

### **Addressing Mental Health, Substance Abuse, and Brain Injury**

Struggling with the complex issues of brain injury, mental health and substance use? Join us for an informative training with Hollis Brennan, a Licensed Professional Counselor and Certified Specialist in Psychometry with advanced training in brain injury and trauma. She'll explore experiences after brain injury—such as anxiety, depression, post-traumatic stress responses, and changes in identity—and share practical evidence-based approaches that can help including nervous system regulation, EMDR, executive function retraining and more.

**Sept 11**

### **The Aging Brain and the Long Term Effects of Brain Injury**

Join Dr. Mary Ann Keatley, Ph.D., CCC and Co-Founder of The Brain Injury Hope Foundation (BIHF) in Colorado, Researcher Judy Gargaro from Toronto, Canada, and Facilitator Joanne E. Cohen, M.A., CBIS, Vice-President of BIHF, for the latest research on Cognitive/Mental issues including ways to maintain your cognitive functioning 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 the long effects of Brain Injury on the brain, as well as fatigue and sleep disorders as you age and current research on exercise, nutrition, meditation and spiritual fitness as ways to help the aging brain.

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