

Dear Friends of BIAWA,

BIAWA is officially launching our Brain Health & Wellness Program in January. **The Brain Health & Wellness Program** will offer non-clinical classes specifically designed for those affected by Brain Injury. These classes are designed for Brain Injury survivors and caregivers during and after medical treatment, ensuring they have resources as they continue on their journey with Brain Injury.

We are excited to send you the class catalog for our new Brain Health & Wellness Program. You can also download our [Brain Health & Wellness Class Schedule PDF](#) for January thru March 2016 or visit the [BIAWA Calendar & Events Page](#) to Sign Up or view a complete listing of classes and events.

All Brain Health & Wellness Classes will be free through June! We are excited to announce the following classes:

The Role of Cognition and Movement

Strengthen your brain and your body. Learn to use simple math, organizing and planning, creativity, together with movement in order to enhance brain function. This class incorporates lots of play! Appropriate for all fitness levels. Seated participants are welcome. Wear comfortable clothing and be prepared to take notes.

Verdant Wellness Center, Birch Classroom

Facilitated by: Lisa Stuebing

Tuesdays: Jan 5th, 12th, 26th, and Feb 2nd, 1-2 pm

Why Marriages Succeed After Traumatic Brain Injury

This two-part class is for ALL couples whose partner has had a traumatic brain injury. Research has shown that couples wait an average of six years from the first sign of problems to get help. Getting help sooner will help you build and sustain a loving relationship and will support recovery. 1. Have you had role changes in your relationship? 2. Do you feel like you don't know who your partner is anymore? 3. Do you have difficulty communicating? 4. Do you notice your partner having more symptoms when stressed? 5. Is your partner suffering

from fatigue? If you answered yes to any of these questions than this class will give you the tools to strengthen your relationship.

Swedish Edmonds, 3rd Floor Conference Room

Facilitated by: Lori Weisman

Thursdays: Jan 7th & 21st, 2-3:30 pm (attendance at both classes required)

Healing From Within: Simple Tools to Reduce Stress

Are you stressed? Overwhelmed? If so, this is the class for you. Join Dr. Pujari, integrative medicine physician and national speaker, as she shares her personal tips for stress reduction and mindfulness.

Verdant Wellness Center, Birch Classroom

Facilitated by: Dr. Astrid Pujari

Mondays: Jan 25th and Feb 1st, 5:30-7 pm

Tai Chi

Come learn the basics of Yang Style Tai Chi. Immerse yourself in the gentle process of relaxation - often called meditation in movement. No experience needed!

Verdant Wellness Center, Birch Classroom

Facilitated by: Mary Newbill

Mondays: Feb 9th, 23rd, March 8th and 22nd, 1-2 pm

Calm Your Brain With Mindfulness

Mindfulness is focusing on the present, acknowledging your feelings-both physical and emotional-and accepting them. Mindfulness helps those living with TBI to pause before reacting. It's a therapeutic technique proven to reduce anxiety and improve well-being. Practicing mindfulness techniques in a group is a powerful and healing experience. Being around other people in a non-judgmental, supportive setting is reassuring, and you will feed off that energy.

Verdant Wellness Center, Birch Classroom

Facilitated by: Maria Dalbotten

Mondays: Feb 15th-March 7th, 5:30-7pm

New Normal

In my personal experience and observation of others, it has become increasingly clear, that in order for us to provide the best environment for our Survivor to spread their wings, we must first let go and settle with the person they are now. Often loved ones continue to hold on to old dreams, hopes and visions of their Survivor. These feelings are communicated through thoughts, action and words and keep us from moving forward. They also hold back our Survivor from experiencing life in a new and fulfilling way.

The intention of New Normal is to assist family and friends of a Brain Injury Survivor to begin to accept and understand the New Normal that is a result of the injury.

Verdant Wellness Center, Birch Classroom
Facilitated by: Lorraine Fournier
Mondays: March 14th - April 4th, 5-6 pm

Get Organized!

Get the tools to get organized! Lauren Williams will teach you strategies to organize your life-going over simple household items. You'll practice in class and take home the tools you need to get things in order.

Verdant Wellness Center, Birch Classroom
Facilitated by: Lauren Williams
Tuesday: March 15th, 1-2 pm

Sincerely,

Deborah Crawley - Executive Director
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[206-467-4800](tel:206-467-4800) or [877-982-4292](tel:877-982-4292)
www.biawa.org

Washington Traumatic Brain Injury Resource Center at BIAWA: [877-824-1766](tel:877-824-1766)

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The Brain Injury Alliance of Washington is a 501(c)(3) non-profit (Tax ID 91-1206800).