

March 2023 Special Events

Closed Captioning enabled for virtual meetings.

** Please note that all SHIP Recreation funded activities are intended for brain injury survivors residing in Massachusetts. Family caregivers may participate if accompanying a survivor.

Date and Time	Virtual or In Person?	Event Details (**denotes funding in part by SHIP Recreation grants) RSVP does not guarantee a space – participants will be contacted after RSVP closes.
Fri 03/03 1:00 – 2:00 pm	Virtual	<p>** Mindfulness meditation with Wendy Krom</p> <p><i>Mindfulness Meditation is the practice of pausing in your day, being fully present and at peace with your surroundings. It can help us feel less reactive and overwhelmed; regular meditation activates parts of the brain that are quiet when we “run on autopilot”. No prior experience needed!</i></p> <p>To participate 3/3, please pre-register here: https://us06web.zoom.us/meeting/register/tZclC-Csrz4iEtLT9DMriSP0BXkDyj89J1jP</p>
Wed 03/08 10:00 - 10:45 am	Virtual	<p>** Join us for monthly accessible-fitness classes with Jenna!</p> <p>Sitting or standing, with or without equipment - all you need is a computer/phone with internet and video capabilities. <i>Group fitness classes focus on functional fitness, body weight exercises, and functional full body movements, with modifications for adaptive needs - making them safe and effective for everybody and every body. Each class will include warm up and stretching, movement review, workout, cool down, and review.</i></p> <p>To participate 3/8, please pre-register here: https://us06web.zoom.us/meeting/register/tZMoc-rrT8tEtIsirnmqtPXWqTncVawf_g8</p>
Thu 03/09 12 – 1 pm	Virtual	<p>** Attention! Strategies to strengthen your concentration</p> <p>This workshop will review the definition of attention and discuss common internal and external distractions in our lives. Based on the reflections of the group, we will discuss evidence-based strategies to reduce distractions and improve perceived attention in daily life. Join Jenny Traver, SLP, for this presentation!</p> <p>To participate 3/9, please pre-register here: https://us06web.zoom.us/meeting/register/tZOrdeGorDMvHdGmXDPhQAGJXhZA0Tne94BT</p>

Date and Time	Virtual or In Person?	Event Details (**denotes funding in part by SHIP Recreation grants) RSVP does not guarantee a space – participants will be contacted after RSVP closes.
Fri 03/17 1:00 – 2:00 pm	Virtual	<p>** Mindfulness meditation with Wendy Krom</p> <p><i>Mindfulness Meditation is the practice of pausing in your day, being fully present and at peace with your surroundings. It can help us feel less reactive and overwhelmed; regular meditation activates parts of the brain that are quiet when we “run on autopilot”. No prior experience needed!</i></p> <p>To participate 3/17, please pre-register here: https://us06web.zoom.us/meeting/register/tZlkcOuogTgtGNJVqP14fdBritTWdoMNUvr5</p>
Thu 03/23 12 – 1 pm	Virtual	<p>** Fighting Fatigue: Energy management strategies to improve cognitive fatigue</p> <p>This workshop will review the definition of cognitive fatigue and the wide impact it can have on daily life with a brain injury. We will engage in self-reflection about our own energy and discuss evidence-based frameworks and lifestyle changes to minimize cognitive fatigue. Join Jenny Traver, SLP, for this presentation!</p> <p>To participate 3/23, please pre-register here: https://us06web.zoom.us/meeting/register/tZErcO2vqi4uHNZIOd-Z4-0V_7av3_vYQGIE</p>
Fri 3/24 10:00 – 11:30am	Virtual	<p>** Join us for a virtual Creative Corner workshop!</p> <p>Awaken your creativity and use your imagination! This month, a wonderful local artist will lead us in creating zentangle-inspired artwork we can wear – on our heads! Be ready to draw! No experience necessary, and all supplies will be provided. Limited spaces available – RSVP only if you will definitely attend.</p> <p>Please RSVP to info@biama.org by 3/9</p>

02/28/23