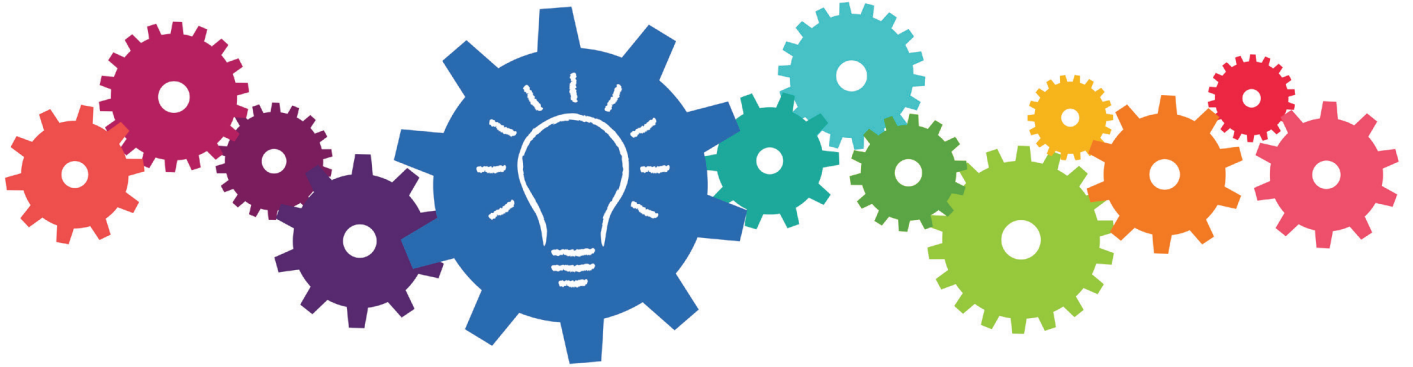


# Brain Injury Association of Massachusetts

## Ways to Work Smarter, Not Harder: Tips and Tricks for Energy Efficiency



**DESCRIPTION:** This **survivor workshop** will focus on strategies to increase energy, productivity, and task completion as well as identification of possible roadblocks to success. A great way to start the new year!

**WHEN:** Meets weekly on Tuesday 10:00am – 11:00am

- |            |   |
|------------|---|
| 01/16/2024 | The roles of sleep, nutrition, and cognition on daily tasks   |
| 01/23/2024 | Tackling multi step tasks                                     |
| 01/30/2024 | Setting SMART goals that work                                 |
| 02/06/2024 | Using planning skills to build energy and be more productive! |

### **ABOUT:**

- All sessions are lead by Amy Karas, MS, CCC-SLP, CBIS/T. Amy Karas is a neuro SLP and certified brain injury specialist with 25+ years' experience running groups with individuals with acquired brain injury and other neurological conditions/disorders.
- No cost to participants. You can attend one or all of the sessions.

### **REGISTER:**

[www.zoom.com/join](https://www.zoom.com/join) - Meeting ID 859 8205 0443 - Passcode 439391

*This education series is supported by the Ed Wilkinson Memorial Fund. The Ed Wilkinson Memorial Fund was established to provide caregivers and loved ones with the support and tools they need to navigate the world of brain injury.*

Questions? Please email [education@biama.org](mailto:education@biama.org)