

VIRTUAL THRIVERS WORKSHOPS!

Practical Tips, Tools & Strategies for Brain Injury Survivors!



Feeling stuck?
Ready for your next step?

Our Thrivers Workshops are for you!

Starting April 13th, 2022, join us on the 2nd and 4th Wednesdays each month 11:00am -12:30pm, for these unique, informative & interactive workshops. Some of the topics we will explore:

How You Are SMART!

Maximizing Your Memory!

Managing Brain Fatigue!

Ignition for Cognition!

Conquering Clutter!

Organizing Paperwork!

Using Planners/Organizers!

Time Management!

Meal Planning, Cooking!

Shopping, Errands!

To Register:

https://zoom.us/meeting/register/tJUpdOCvrj8rGte_xEq-IO2J98yzeNEmWKuE

After registering, you will receive a confirmation email containing information about joining the meeting.

Questions ? Contact: education@biama.org