

HEALTHY MINDS

HEALTH & WELLNESS
WORKSHOP SERIES FOR
BRAIN INJURY SURVIVORS
AND CAREGIVERS



Weekly Free Virtual Workshops

Yoga

Mindfulness
and
Meditation

Nutrition
and Healthy
Eating

Creative
Expression

October 6, 2022 - December 19, 2022 - Weekly Thursdays at 1:15pm - Via Zoom

All activities adapted
to be accessible to
individuals of all
abilities.

All Registrants will
receive a box of
supplies for the
program delivered
free.

Participants who
participate in 70% of the
workshops over the 3
months will be entered
into a prize drawing.

For more information or to Register visit us

at : www.biaoh.org

For questions please contact
membership@biaoh.org

**Registration closes
September 23, 2022**

