

# Long COVID Awareness Week 2025

Hosted by the Long COVID programs at Beth Israel Deaconess Medical Center and Brigham and Women's Hospital

	Monday 3/10	Tuesday 3/11	Wed 3/12	Thursday 3/13	Friday 3/14	Saturday 3/15
<b>Daily Reflection</b>	🌿 Self-Compassion & Kindness	🌱 Healing & Progress	☀️ Hope & Resilience	🤝 Community & Connection	🔍 Trust in the Future & Answers	🤝 Solidarity & Shared Experience
<b>Featured Speakers and Experts (via Zoom)</b>	<p><b>3:00-3:20 pm:</b> Dr. Edmarie Guzman, Neuropsychology, MGH</p> <p><b>3:20-3:40 pm:</b> Dr. Ai-Ris Collier, BIDMC JAK Inhibitor trial</p> <p><b>3:40-4:00 pm</b> Vasu Prudhivi, Sadhguru Center, BIDMC</p>	<p><b>3:00-3:20 pm:</b> Dr. Alexander Kim, Pain Medicine, BWH</p> <p><b>3:20- 3:40 pm:</b> Mike Doyle, BIDMC Long COVID research</p> <p><b>3:40-4:00pm:</b> Ellen Alden, MInd/Body Coach</p>	<p><b>3:00-3:20 pm:</b> Kara McSheehy, BIDMC OT</p> <p><b>3:20-3:40 pm:</b> Becca Donnelly &amp; John Scherry, BIDMC PT</p> <p><b>3:40-4:00pm:</b> Hadas Golan SLP, Respiratory Training, BMC</p>	<p><b>3:00-3:20 pm:</b> Maria Leyba, Amanda Grundmann, Sophie Nemeth: CLEO Research Study, BIDMC</p> <p><b>3:20-3:50pm:</b> Beth Regan SLP, Cognitive Therapy, BWH</p>	<p><b>3:00-3:30pm:</b> Dr. Peter Novak, Autonomic Neurology, BWH</p> <p><b>3:30-4:00pm:</b> Dr. Lael Yonker, Pulmonary, MGH</p>	<p><b>In-person Community Meet up at Christian Herter Park</b> 10-12:00</p> <p><b>Virtual Community Drop In via Zoom</b> 10-12:00</p> <p><b>National Moment of Silence 3:15pm</b></p> 
<b>Daily Engagement &amp; Action</b>	Share a social media post	Write a letter to your future self	“One rock at a time” to support pediatric Long COVID	Contact your congressional representatives	Treat yourself with an act of self-care	
<b>Live and On-Demand Webinars</b>	<u>On-Demand</u> Bateman Horne Project ECHO: Long COVID Insights	<u>Live Webinar</u> 12:00 RECOVER: Sex Differences in Long COVID	<u>Live webinar</u> 3:00 C19LAP Five Years Later: The Ongoing COVID & Long COVID Crisis, & the Future of Public Health	<u>On Demand</u> Polybio Cutting Edge Research and Emerging Science	<u>On Demand</u> Remission Biome Patient scientists and patient-led research	