



American Heart Association®  
Mission: Lifeline®  
Stroke



NORTH DAKOTA  
BRAIN INJURY  
NETWORK

*Presents:*

# Webinar Wednesdays!

*A webinar series designed to meet your needs whether you are a brain injury/stroke survivor, caregiver, or provider.*

The following webinars will be available live and will also be archived for later viewing. These webinars will be presented using the platform Zoom.

If you wish to log in via computer you can do so using the links below. If you would like to call in and listen, you may do that as well, by following the instructions on the link for the webinar you choose.

We have added registration prior to attending Webinar Wednesday's for added security. Once you are registered-by clicking on the link below-the actual Zoom link and phone numbers will be made available to you.

## **Series Schedule-Every Other Wednesday from 1:30-3:00 pm**

### **January 13: Community Participation Following a TBI**

Jessica Kersey is an occupational therapist and PhD candidate at the University of Pittsburgh. Her work focuses on community participation following traumatic brain injury. Jessica will be discussing the meaning of community participation and strategies for improving outcomes.

**Zoom Info:** <https://und.zoom.us/meeting/register/tJEpce6urzMuHtRQY0-usIMjOdDFmZG11jUz>

### **January 27: LoveYourBrain**

RJ Lisander, founder of Lotus Seed Lifestyles, works with individuals, non-profits and community groups to offer yoga and meditation as paths to recovery and personal improvement. She is a certified instructor with LoveYourBrain's six-week Yoga Program and Mindset Program.

**Zoom Info:** [https://und.zoom.us/meeting/register/tJArce-sqzsuEtJgfMH3stcLA\\_297BBJfcv5](https://und.zoom.us/meeting/register/tJArce-sqzsuEtJgfMH3stcLA_297BBJfcv5)

### **February 10: Post-Acute Medical**

Join Post-Acute Medical, formerly Cobalt Rehabilitation, of Fargo as they give us a virtual tour and explain some of the rehabilitation options offered.

**Zoom Info:** [https://und.zoom.us/meeting/register/tJIod--vqT0rEtwyET1EQC\\_uhQFDgwMENSFH](https://und.zoom.us/meeting/register/tJIod--vqT0rEtwyET1EQC_uhQFDgwMENSFH)

### **February 24, 2021: 5 Main Symptoms of Brain Injury and why they are so Difficult to Resolve**

Join Ala Lysyk, functional neurologist, as she covers the primary symptoms of brain injury and ways to resolve them such as, sleep disturbance, loss of energy, emotional rollercoasters, stress, and concentration.

**Zoom Info:** <https://und.zoom.us/meeting/register/tJEtfuGhpjMvEtOjre1jM7Q4YawUtYpiD3z6>

CEUs are available for Social Work. For information on requesting CEUs, or for archived webinars, visit:

<https://www.ndbin.org/events/webinars>