

# Life After Stroke and Brain Injury

**Saturday, May 18**

Join the Brain Injury Alliance of Arizona and TMC for Seniors for a **Day of Hope** – just for those dealing with the effects of a stroke or brain injury and their care partners. Learn how your brain can continue to heal itself and the part you play in this process.

## TOPICS/SPEAKERS:

- **I'll Be Okay, It's Just a Hole in My Head: Using Humor to Heal** | Mimi Hayes
- **The Neuroscience of Joy** | Julie Rake, PA-C
- **Using Mental Imagery to Activate Brain Plasticity** | Jill Jones

## STORIES OF SURVIVAL:

- **Headstrong and Not Giving Up**  
Jim Ledgewood
- **You Look Just Fine!**  
**Stories from an Invisible Injury**  
Amy Zellmer

**8:15 a.m.** Check-in and Continental Breakfast

**9 a.m.** Program Begins

**12 p.m.** Pizza Party, featuring Amy Zellmer's "NOT Invisible Photo Booth"  
Visit with speakers, exhibitors, and others dealing with brain injury.

## SPONSORED BY:



**SEATING IS LIMITED  
REGISTRATION REQUIRED**

CALL (520) 324-1960

TMC for Seniors at the El Dorado  
Health Campus

1400 N. Wilmot Road, Tucson

