

# 2019 Speakers Series

## Joyce Beers Community Center

hosted by SDBIF at the Joyce Beers Community Center

Saturdays, 10:00 am—noon

January 19, 2019

**“A Theme for Two Lost Players,” How to be Successful After a Brain Injury**—Richard Green and the Sharp Players, Sharp Allison deRose Rehabilitation Center at Sharp Memorial Hospital. Come enjoy a play that is a tribute to Frank Cerasoli and Vicki Newman.

February 16, 2019

**Inner Peace, the Benefits of Meditation**—Debbie Moore, MA, CTRS, RTC, Sharp Allison deRose Rehabilitation Center at Sharp Memorial Hospital. Meditation may help alleviate pain, fatigue, and depression, and slow cognitive decline. Debbie will lead us in some meditation exercises.

March 30, 2019

**THERE WILL BE NO MEETING THIS MONTH.** Instead, join us at the **surviveHEADSTRONG** event. To Register, visit [www.sdbif.org/walk](http://www.sdbif.org/walk)

April 20, 2019

**Advanced Stroke & Brain Injury Recovery: Rehabilitation for Maximum Function and Quality of Movement**—Matt Audia, PT, DPT, CMP. Owner, Audia Physical Therapy and Jon Kern, Owner, S.A.B.I.R Stroke and Brain Injury Rehabilitation. Find out how Dr. Audia and Jon Kern are revolutionizing stroke & brain injury physical therapy to get the best results.

May 18, 2019

**The ABI Program**—Brandi Bass, Counselor, S.D. Community College District. What are the Acquired Brain Injury (ABI) Programs? Brandi, the intake counselor for the Mesa Program, will provide a brief description of each of the three programs in our San Diego community. Find out if one of these programs would be helpful to you in your recovery.

June 15, 2019

**Brain Injury, a World We Didn't Choose**—Cindy Pahr, M.Ed., CBIST, Physical & Health Impairment Education Specialist. Learning how to compensate for the changes from a brain injury is an ongoing process. Cindy will discuss tips and strategies that will help with ongoing recovery.

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continued...

July, 2019

**THERE WILL BE NO MEETING THIS MONTH**

August 17, 2019

**Benefits of Music Therapy After a Brain Injury**—Cory Woodrow, MT-BC, Neurologic Music Therapist, Resounding Joy Inc. Learn how music therapy can be effective in treating social, emotional, physical and cognitive deficits. Join Cory in some of the music exercises.

September, 2019

**THERE WILL BE NO MEETING THIS MONTH.** Instead, join us at the **SDBIF Friendraiser, presented by Gomez Trial Attorneys** event. To Register, visit [www.sdbif.org/fundraiser](http://www.sdbif.org/fundraiser)

October 19, 2019

**Cognitive Rehabilitation and Strategies to Improve Memory, Attention and Problem Solving**—Amy Jak, Ph.D., Associate Professor of Psychiatry, UCSD School of Medicine. Dr. Jak will be sharing research on the impact that daily activities such as walking or computer training can have on cognitive functioning. Focus will be on how to make lifestyle and quality of life choices to help keep our brain and body healthy.

November 16, 2019

**Brain Injury, a World We Didn't Choose**—Cindy Pahr, M.Ed., CBIST, Physical & Health Impairment Education Specialist. Learning how to compensate for the changes from a brain injury is an ongoing process. Cindy will discuss tips and strategies that will help with ongoing recovery.

December 21, 2019

**Holiday Party**—Come join the fun and celebrate the holidays. Entertainment will be provided along with raffle prizes, festive food and FUN! Special recognition will be given to all our great SDBIF volunteers.

**LOCATION:** Joyce Beers Community Center in Hillcrest  
3900 Vermont St., San Diego, CA 92103

Which is part of the Uptown District Shopping Center (Ralphs & Trader Joes) near 163, north of University Avenue in San Diego, 92103. If you get lost and need additional directions, call the Uptown District Shopping security guard at 619-419-4787.

