



2015 Brain Boosting Workshops / Support Programs TOPICS

Providing knowledge and support for brain injured survivors and their families www.MNBIF.org

NOTICE: Always Verify Meeting Site and Time by calling 507-228-8161 cell 507-720-4480

Minnesota BIF is listed as having support programs on the National Stroke Association's website: www.stroke.org
and on the Brain Injury Association of America's website: www.biausa.org

MAY – May is National Stroke Awareness Month!

Magnesium decreases muscle and nerve pain! “Magnesium for Pain Relief”– [Dr. Oz](#)

Music – “How Music Helps to Heal the Injured Brain” - <http://brainline.org/>

A stroke survivor shares knowledge of the warning signs / symptoms of a impending stroke.

JUNE – Improve your MOOD through food!

How Does Food Impact Your Mood? - Dr. Mercola - mercola.com

First we'll get in a good “MOOD” as we listen to music and enjoy MOOD food while we make lavender scented MOOD bags! Be part of our experiment and find out if lavender oil will help calm and relax you!

Aromatherapy: Is it worthwhile? - [Mayo Clinic.com](http://MayoClinic.com) A brain needs water, glucose, vitamins, minerals and other essential chemicals. [Nutrition and the Brain](#)

JULY - On July 4th The USA celebrates Independence Day! Make a “True Colors” MOOD bag?

Let's celebrate TRUE COLORS by eating a RED, WHITE and BLUE parfait! [Mayo Clinic.com](http://MayoClinic.com)

Vitamin E Grocery List – [Dr. Oz](#)

“Researchers say Vitamin E may slow spread of mild to moderate Alzheimer's disease” - [Fox News](#)

21 Energy Boosters that can pick you up in under 10 minutes! - [Swanson Health Products Blog](#)

AUGUST – Alpa Lipoic Acid What do you do to improve your memory?

Alpa Lipoic Acid - One of the most important of all antioxidants. ALA was discovered in 1951 and it can help treat diabetes and aid recovery from strokes. Protects brain cells against chemicals and may help treat neurological disorders like Alzheimer's. ALA might improve your memory as you age.

- [Researchers at the University of Rochester Medical Center](#)

SEPTEMBER – Sleep - Do you get enough SLEEP ? We will share our dreams and sleep stories! Remember to reserve the Brain Bookmobile binder on SLEEP Solutions.

Stress Management – what do you do? Do You Have Hidden Stressors? [by Dr. Joseph Cilona](#)

OCTOBER - Chromium & Energy Boosters! Who has apples to share so we can do a apple taste test?

Dr. Linus Pauling, the only person in history who was awarded two unshared Nobel Prizes wrote this of minerals: “You can trace every sickness, every disease and every ailment to a mineral deficiency.”

Chromium deficiency may lead to confusion, depression, irritability and weakness. encognitive.com

NOVEMBER – Commit to treating others with compassion, empathy and respect. [Mayo Clinic.com](http://MayoClinic.com)

Lets celebrate the birth of Jesus at Christmas Parties held in November! We welcome help in planning!

December, January & February = NO MEETINGS unless MNBIF receives more community support!

*Brain Injury upsets life: physical, psychological, social and even spiritual! **Never Give Up Hope!**
Become someone's prayer warrior! GOD bless the USA!*