

# A Happier & Healthier You!

## Health and Emotional Well Being after Brain Injury

### Join us for

- an opportunity to meet professionals and other people with head injury in your community
- connections to resources
- tools to help get you started

Lunch and giveaways will be provided. For more information, visit [www.facebook.com/coloradoconnections](http://www.facebook.com/coloradoconnections), [www.biacolorado.org](http://www.biacolorado.org) or [www.denveroptions.org](http://www.denveroptions.org).

» To RSVP for this event, contact Rosa Medina at 1-866-245-6600 x1 or [rmedina@denveroptions.org](mailto:rmedina@denveroptions.org)



### Durango

July 26, 2011  
10 a.m. - 2 p.m.

### Alamosa

July 28, 2011  
10 a.m. - 2 p.m.

### Trinidad

July 29, 2011  
10 a.m. - 2 p.m.

### Sterling

September 20, 2011  
10 a.m. - 2 p.m.

### Ft. Collins

September 21, 2011  
10 a.m. - 2 p.m.

### Colorado Spgs.

November 9, 2011  
10 a.m. - 2 p.m.

### Denver

February 22, 2012  
10 a.m. - 2 p.m.

### Boulder

March 28, 2012  
10 a.m. - 2 p.m.

### Grand Junction

June 26, 2012  
10 a.m. - 2 p.m.

### Glenwood Spgs.

June 27, 2012  
10 a.m. - 2 p.m.

### Steamboat Spgs.

June 28, 2012  
10 a.m. - 2 p.m.

RSVP  
today!

For more information on location details, visit [www.facebook.com/coloradoconnections](http://www.facebook.com/coloradoconnections) or call 1-866-245-6600 x1

Denver Options is committed to full participation in its programs, services and activities. Should you require reasonable modification to participate in this event, contact Rosa Medina at 866-245-6600 x1 or email [rmedina@denveroptions.org](mailto:rmedina@denveroptions.org).

Brought to you by



The Brain Injury  
Alliance of Colorado

# A Happier & Healthier You!

*Health and Emotional Well Being  
after Brain Injury*

A FREE Life Skills Workshop to help people with brain injury, their families and community providers learn essential skills for improving diet, nutrition, fitness and mental health

» *See back for more details!*



Learn more at [www.facebook.com/coloradocconnections](http://www.facebook.com/coloradocconnections)

## *You will learn*

- unique changes after brain injury and the benefits of nutrition and exercise in rehabilitation
- coping skills after brain injury
- resources to get started on the path to a new, happier, healthier you

*Join us when we  
come to your area!*



D E N V E R  
**OPTIONS**

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9900 E. Iliff Ave.  
Denver, CO 80231