



Mindfulness, Yoga, and Social Connection after Brain Injury: Evidence, Innovations & Ways Forward

Join Ellie Spriet, OTD, OTR/L, CKTP, RYT from LoveYourBrain
for a virtual presentation for
National Aphasia Association
Thursday, November 5 @ 1pm ET

- Experience effective mind-body practices for brain injury
- Understand research investigating mindfulness, yoga, and social connection for improving health outcomes
- Learn how to access free holistic health resources to support community reintegration



LoveYourBrain is a national nonprofit that designs and researches holistic health programs to increase resilience and quality of life after brain injury. Learn more at loveyourbrain.com