



**Join Us March 11th  
In recognition of Brain Injury Month**

# **LOVE YOUR BRAIN EDUCATIONAL SEMINAR**

**FREE seminar includes:  
Evidence based benefits of yoga & meditation for TBI**

**Award-winning HBO Documentary "Crash Reel"- brings to light the experience of traumatic brain injuries, resilience, the power of family, personal transformation and risk-taking**

**Guided participation in yoga & meditation**

**Guest Speaker:** Sophia Da Silva, ERYT, MA, leads the series at Love Your Brain studio partner, RESILIENCE. She is passionate about the practice of yoga as a transformational tool that helps human beings embody health and well-being.

**MARCH 11, 2020 | 1-4:30PM | 12:30PM CHECK-IN  
ENLOE CONFERENCE CENTER  
1528 ESPLANADE IN CHICO**



**Registration required, go to:**

<https://www.eventbrite.com/e/love-your-brain-event-tickets-88029724275>

For more information or to register, contact the Brain Injury Coalition 530.342.3118

