



Brain Injury Services  
**CAREGIVER  
WELLNESS  
2018**

Please join us at our Springfield office for a six-week series dedicated to educational AND support opportunities for family members or other non-professional caregivers.

**Mondays, 10 AM - 11:30 AM**

- April 9    A Mindful Approach to Managing Stress  
*Joy Koeppen, LCSW, CBIS*
- April 16    A Mindful Approach to Eating Well  
*Natascha Grant, MA, CRC, CBIS*
- April 23    Gentle Yoga for Relaxation  
*Paula Levin-Alcorn, MSW, LCSW, CBIS*
- April 30    Self-Care Through Art  
*Iva Ward, MSW, CBIS*
- May 7    WRAP: A Self-Designed Tool for Wellness  
*Sara Aly, MSW, CBIS*
- May 14    Mindful Connections  
*Joy Koeppen, LCSW, CBIS*

8136 Old Keene Mill Road, Suite B-102  
Springfield, VA 22152  
703-451-8881

**Cost: \$30 for all  
six sessions.**

**Space is limited.**

**Please call  
703-451-8881  
to register.**