

LIT-UP MY MIND, LLC NEWSLETTER



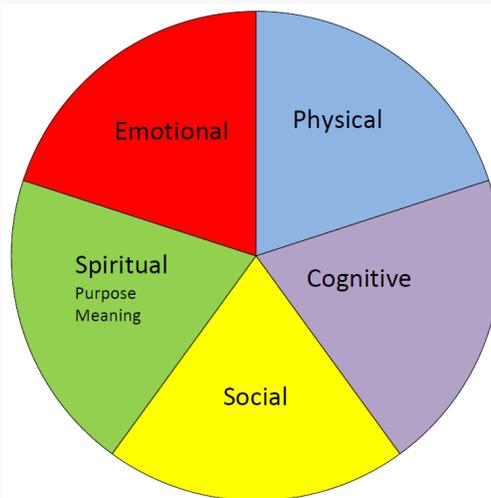
ENDLESS POSIBILITIES

Many of us are tempted to make New Year's Resolutions to help us achieve the most out of what feels like a fresh start. However, it's said that most people won't stay with their resolutions for more than a few weeks. I'd like to challenge you to instead look for more balance in your life.

The **Self-Advocacy for Independent Life (SAIL)** program, developed by Lenore Hawley, LCSW, is a series of classes that I am proud to co-facilitate for the **Brain Injury Alliance of Colorado (BIAC)**.

During the course of the SAIL curriculum, a **Wellness Wheel** developed by Dr. Bill Helter, M.D. is discussed. The Wellness Wheel is a fairly simple concept and yet when fully integrated into our lives, it can foster remarkable shifts in all areas of life.

Let's take a look at the Wellness Wheel.



Are there areas in your life that could use some attention? Perhaps this year instead of setting a New Year's Resolution that you may stick to for a few weeks, you can instead take a look at your own wheel, tend to areas that could use some attention and see how your life begins to change.

If you are interested in learning more about the SAIL program at BIAC you can visit their website here. Spring classes are enrolling now.

<https://biacolorado.org/self-advocacy-for-independent-life-sail/>

JANUARY EVENTS



Brain Busters!

Mon, Jan 8th @ 11 AM

Thurs, Jan 25th @ 10 AM

Mending Minds Women's Support Group

Wed, Jan 3rd @ 5 PM

Wed, Jan 17th @ 5 PM



Even More Events & Info:

<https://www.litupmymind.com/event-calendar-news.html>



News & Recommendations



UNVEILING THE JOURNEY OF MIGRAINE 2024

Join Miles for Migraine at an event geared toward the person who has been living with migraine and headache disease for years, those who are recently diagnosed, as well as people who are wondering if they might have migraine.

Our panelists for the event include a headache specialist, pain psychologist, and patient advocates.

This event will feature a combination of presentations: Tips & tools for changing your response to pain, preparing for a successful appointment with your healthcare provider, and MORE!



Registration is free for virtual attendees. for more info & to register please visit

<https://www.milesformigraine.org/educational-events/unveiling-the-journey-of-migraine-2024/>

2024 BRAIN BUSTERS!



2024 BRAIN BUSTERS!

Game links can be found at:
[Litupmymind.com/brain-busters.html](https://www.litupmymind.com/brain-busters.html)

January	February	March
Monday 8th @ 11 AM Thursday 25th @ 10 AM	Monday 12th @ 11 AM Thursday 22nd @ 10 AM	Monday 11th @ 11 AM Thursday 28th @ 10 AM
April	May	June
Monday 8th @ 11 AM Thursday 25th @ 10 AM	Monday 13th @ 11 AM Thursday 23rd @ 10 AM	Monday 10th @ 11 AM Thursday 27th @ 10 AM
July	August	September
Monday 8th @ 11 AM Thursday 25th @ 10 AM	Monday 12th @ 11 AM Thursday 22nd @ 10 AM	Monday 9th @ 11 AM Thursday 26th @ 10 AM
October	November	December
Monday 14th @ 11 AM Thursday 24th @ 10 AM	Monday 11th @ 11 AM <i>No Thursday Group - Happy Thanksgiving!</i>	Monday 9th @ 11 AM <i>No Thursday Group - Happy Holidays!</i>

***Mountain Time Zone**

www.litupmymind.com

BRAIN BUSTERS!



The new Brain Busters! schedule is out. In-person game days are being organized and will be announced soon!

You can access the schedule and find all information about Brain Busters!

at

<https://www.litupmymind.com/brain-busters.html>