

## September 2023 Special Events

Closed Captioning enabled for virtual meetings.

\*\* Please note that SHIP Recreation funded activities are intended for brain injury survivors residing in Massachusetts.

Date and Time	Virtual or In Person?	Event Details (**denotes funding in part by SHIP Recreation grants) Family caregivers may participate if accompanying a survivor, pending space.
<p><b>Fri 09/08</b> 1:00 – 2:00 pm</p> <p><b>Fri 09/22</b> 1:00 – 2:00 pm</p>	<p>Virtual</p>	<p><b>** Mindfulness meditation with Wendy Krom</b> <i>Mindfulness Meditation is the practice of pausing in your day, being fully present and at peace with your surroundings. It can help us feel less reactive and overwhelmed; regular meditation activates parts of the brain that are quiet when we “run on autopilot”. No prior meditation experience needed!</i></p> <p><b>To participate 09/08, please register here:</b> visit <a href="https://zoom.us/join">https://zoom.us/join</a>, meeting ID 853 4831 2912, pass code 685469.</p> <p><b>To participate 09/22, please register here:</b> visit <a href="https://zoom.us/join">https://zoom.us/join</a>, meeting ID 859 3549 5830, pass code 822454.</p>
<p><b>Wed 09/13</b> Meet 9:45 am</p>	<p><b>In Person</b></p>	<p><b>** Take a cruise around Pleasant Bay with BIA-MA!</b> Meet us on the Cape in Harwich, MA and climb aboard the <i>Friend</i>, a 37’ solar-powered floating pontoon classroom. Learn about the area’s history and ecology, while viewing landmarks and wildlife around the bay. The <i>Friend</i> is fully accessible (via ramp), stable, comfortable, and mostly shaded. <i>Event hosted by East Sandwich post-concussion support group; all are welcome to join!</i></p> <p><b>To attend 9/13, please register here:</b> <a href="https://biama.wufoo.com/forms/boat-tour-of-pleasant-bay-september-13-2023">https://biama.wufoo.com/forms/boat-tour-of-pleasant-bay-september-13-2023</a> <i>Survivor contribution: \$2. Family caregiver contribution: \$5</i> Limited spaces available – maximum 20 attendees.</p>
<p><b>Fri 09/29</b> Meet at 9:45 am</p>	<p><b>In Person</b></p>	<p><b>** Join BIA-MA for a visit and tour of Southwick’s Zoo</b> in Mendon, MA! The largest zoological experience in New England is home to over 850 exotic animals and covers 200 acres. Our group will enjoy a guided presentation, followed by time to explore on our own. Join us rain or shine. <i>Event hosted by the Resilient young adult support group; all are welcome to join!</i></p> <p><b>To attend 9/29, please register here:</b> <a href="https://biama.wufoo.com/forms/southwicks-zoo-september-29-2023">https://biama.wufoo.com/forms/southwicks-zoo-september-29-2023</a> <i>Survivor contribution: \$3. Family caregiver contribution: \$10</i> Limited spaces available – maximum 20 attendees.</p>