

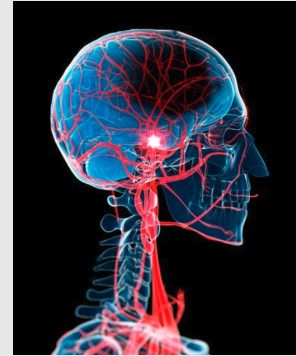
## Stroke Awareness Month

What is a stroke? Not sure? Watch this [video](#) to learn more!

### Prevent Stroke: What You Can Do

You can help prevent stroke by making healthy choices and controlling any health conditions you may have. Discuss your risk factors with your health care provider and learn more about what you can do [HERE](#).

When you spot a stroke warning sign, act fast. Recognizing the stroke warning signs and calling 911 immediately may make the difference between a strong recovery or long - term disability; survival or death. Learn more about the warning signs and additional resources from the American Stroke Association [HERE](#).



**Face Drooping**  
**Arm Weakness**  
**Speech Difficulty**  
**Time to call 911**

## Neuro Resource Facilitation Can Help!



Have you engaged in Neuro Resource Facilitation services? Did you know that Neuro Resource Facilitation services in Iowa is available for individuals who have sustained brain injury, their family members, caregivers or chosen support system and professionals in our communities to support navigating life after brain injury.

Neuro Resource Facilitators can provide you with support that may include:

- Providing brain injury specific information and resources
- Enhancing natural and chosen supports to provide linkages to appropriate supports, services and community resources
- Provide training to service providers to increase Iowa's system capacity to provide brain injury informed services
- Evaluate access and process to obtain and maximize funding for needed supports and services

- Call 855-444-6443
- Email [info@biaia.org](mailto:info@biaia.org)
- Visit [www.biaia.org](http://www.biaia.org)



**Brain Injury Alliance**  
I O W A

## YOU MATTER: CARING FOR THE CAREGIVER WORKSHOP



**SATURDAY  
24  
JUNE**

Join us for a day filled with information on ways to take care of you while you care for others! Lunch will be provided!

Topics include:

- Mindfulness Meditation
- Massage Therapy
- And many more!

Seats are limited for this FREE event, so REGISTER TODAY!  
[Family Caregiver Registration](#)



Franklin Public Library  
5000 Franklin Ave  
Des Moines, IA 50310  
11:00am -3:00pm

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Register Today!



Neuro Resource Facilitation is a fee-free service offered by the Brain Injury Alliance of Iowa to support people with brain injury, their family members, caregivers and community navigate life after brain injury. To reach a Neuro Resource Facilitator please contact **855-444-6443** or email [info@biaia.org](mailto:info@biaia.org).

## BIAIA Satisfaction Survey

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**Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.**