

AGENDA: MARCH 3

Time	Session	Location
3:30 p.m. - 5:00 p.m.	Survivor Council Meet Up <i>Join fellow survivors, build community and learn how others have preserved through their brain injury.</i>	Williamsburg
3:30 p.m. - 5:00 p.m.	Affiliate Leaders Meet Up <i>Affiliate Leaders and Staff are welcome to come together, catch up and share what's happening in their states.</i> <i>NOTE: This event is for Affiliate leaders and staff only.</i>	Hotel Lobby Bar
2:00 p.m. - 5:00 p.m.	Brain Injury Action Coalition For invited guests only.	Roanoke
6:00 p.m. - 7:30 p.m.	Meet & Greet <i>Join us for light refreshments and kind company as we build community prior to the start of the 2025 National Brain Injury Conference.</i>	Crystal Ballroom

AGENDA: MARCH 4

Time	Session	Location
10:00 a.m. - 11:00 a.m.	<p>Mindfulness for Mental Wellbeing Session</p> <p><i>Join LoveYourBrain for a fun and engaging exploration of mindfulness. Through guided meditation, yoga, and breathwork, you'll learn simple and effective tools to stay calm, focused, and connected while at the conference and in everyday life!</i></p>	Roanoke/ Williamsburg/ Yorktown Ballrooms
11:30 a.m. - 12:00 p.m.	<p>Lunch</p>	Virginia Foyer
12:00 p.m. - 2:00 p.m.	<p>National Conference General Session</p> <p><i>Kick-Off the 2025 National Brain Injury Conference by hearing from some captivating speakers who will highlight the prevalence of brain injury, current studies, and how practitioners and survivors are handling the chronic nature of the condition.</i></p>	Virginia Ballroom
1:40 p.m. - 2:00 p.m.	<p>Break</p>	N/A
2:00 p.m. - 2:45 p.m.	<p>Telling Your Story</p> <p><i>Learn how to use your personal experience with brain injury to move others to take action. This session will allow you to craft your story for meeting with elected officials.</i></p>	Virginia Ballroom
2:00 p.m. - 2:45 p.m.	<p>Telling Our Story</p> <p><i>Learn about the current statistics and data around brain injury. This session will allow you to provide insights on brain injury prevalence, public perception and more.</i></p>	Roanoke/ Williamsburg/ Yorktown Ballrooms

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AGENDA: MARCH 4

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Time	Session	Location
2:45 p.m. - 3:00 p.m.	Break	N/A
3:00 p.m. - 3:45 p.m.	Telling Your Story <i>Learn how to use your personal experience with brain injury to move others to take action. This session will allow you to craft your story for meeting with elected officials.</i>	Virginia Ballroom
3:00 p.m. - 3:45 p.m.	Telling Our Story <i>Learn about the current statistics and data around brain injury. This session will allow you to provide insights on brain injury prevalence, public perception and more.</i>	Roanoke/ Williamsburg/ Yorktown Ballrooms
4:00 p.m. - 5:30 p.m.	Awareness Day on Capitol Hill – Webtool and Legislative Overview <i>Learn about the legislation we will be advocating for on the Hill, gain the skills needed to have an impactful meeting with your member of Congress, and learn how to use our Soapbox webtool.</i> <i>This session is required for everyone who's going to advocate on Capitol Hill.</i>	Virginia Ballroom
6:00 p.m. - 7:30 p.m.	Welcome Reception <i>Join us for our 2025 National Brain Injury Conference's Welcome Reception. We will be getting energized for a day on the Hill and honoring those in our community. Light refreshment will be provided.</i>	Crystal Ballroom

AGENDA: MARCH 5

Time	Session	Location
7:00 a.m. - 8:00 a.m.	Grab & Go Breakfast	Virginia Ballroom
7:30 a.m.	Meeting for Shuttles to Capitol Hill <i>There will be a shuttle running between the Hilton at National Landing Hotel and Capitol Hill every 30 minutes. To access the bus at the hotel, please stand by the hotel bus loop off S. Clark Street. To access the bus at Capitol Hill, please stand at the bus lanes in front of the Capitol.</i>	Hotel Bus Loop (ground level)
9:00 a.m. - 10:00 a.m.	Congressional Brain Injury Taskforce Kick-Off <i>Kick-off Brain Injury Awareness Day with the Congressional Brain Injury Taskforce. This event provides a space for members of Congress and their staff to meet directly with brain injury advocates while also learning about brain injury.</i>	Capitol Visitor Center, Auditorium
10:00 a.m. - 4:00 p.m.	Capitol Hill Meetings <i>Join your fellow brain injury advocates on Capitol Hill! Meetings are scheduled in advance and your schedule will be available through Soapbox. Instructions will be provided on how to use technology.</i>	Congressional Offices
4:00 p.m. - 5:00 p.m.	Photo on Capitol Steps <i>Join the brain injury community for a group photo on the Capitol steps! A map of where we are meeting is in your program.</i>	U.S. Capitol