

A message from Jane Ryan

As a retired RN and Mental Health Counselor with a history of brain injuries, I've experienced increasing, chronic Functional difficulties with sleep disorder, PTSD, anxiety, loss of memory and words, off-balance and double vision to name many.

Eventually, I grew more frustrated with the lack of medical care that made a difference in my declining status. So with a background of research, I hit the internet to find activities or practices I could add to my daily routine.

Thanks to my curious nature and determination to find solutions - things that weren't medications - I found answers that I continue to practice which have improved my balance, solved my 30 year sleep disorder (improved to an occasional restless night), balanced out my PTSD/Mood and emotional imbalance, etc.

Over the past six years I have practiced neurofeedback, neurographic art techniques, simple P.T practices, an improved healthy diet approach with a brain positive diet and increased FUN added to my life!

Because of my own experiences over the past few years I have shared and taught those same techniques to individuals and groups to adults and youngsters with brain trauma, seniors with age deficits, traumatized of all ages.

In the process I have seen that age or diagnosis does not interfere with the positive results I continue to experience and enjoy.

I am very excited to have the honor of sharing a variety of techniques that are easy to learn and FUN to practice with the veterans and their families during my trip to Friends of Disabled Veterans on August 18 and 19, 2023.

I hope to present 2 or 3 classes over August 18 and 19th In order to learn the health improving techniques it will be very useful for the Veterans and their families to attend as long as possible.

They will be introduced to neurographic art, P.T. technique to improve balance, focus, memory, mood, patience, sleep, and FUN!

Thank you for the opportunity.

Jane Ryan
Former US Army Nurse