

TURN  
BOLDLY  
INWARD

2018/2019 ANNUAL REPORT

*“LoveYourBrain is changing the way we view TBI. We’re ‘**Turning Boldly Inward**’ and courageously discussing our topic - traumatic brain injury - with the world. **You** are giving me confidence to stand tall, the tools to calm my mind and the community to share with others the valuable lessons of the human spirit.”*

*- LoveYourBrain Retreat Participant*





#### OUR MISSION

LoveYourBrain is a nonprofit organization that improves the quality of life of people affected by traumatic brain injury (TBI).

#### OUR VISION

We envision a world where everyone affected by TBI is connected to a compassionate community.

In FY19, LoveYourBrain served 1,160 people impacted by TBI through our Yoga and Retreat programs, educated 3,401 individuals through trainings and outreach opportunities, and provided 140,000 unique visitors with our web-based resources (available at [loveyourbrain.com](http://loveyourbrain.com)).

# TO OUR VALUED COMMUNITY,

Every 11 seconds, someone sustains a traumatic brain injury (TBI). 10 years ago, Kevin was one of them.

As a family, we know that TBI leads to whole person challenges, including physical, emotional, and cognitive impairments. People often have difficulty reconnecting to their "normal" way of life, such as interacting with people and staying active. This predisposes them to depression, failed relationships, lack of motivation, low self-efficacy, and unemployment.

On top of that, this injury is relatively "invisible" - many people look the same, which makes it even more difficult and isolating to try to adjust. In fact, in 2020, TBI is predicted to be the #3 leading cause of death and disability.

After leaving the hospital, there are very few resources to help those with TBI figure out how to function in their new life, with their new brain.

With thousands of supporters on our side, that's where LoveYourBrain comes in...

Thanks for being in our community.

WITH GRATITUDE,

*Adam and Kevin Pearce*  
Co-Founders, LoveYourBrain



# THE PROCESS THROUGH WHICH WE CONNECT PEOPLE IS ONGOING

LoveYourBrain believes that mindfulness, yoga, and community are essential to transforming the wellbeing of people with TBI and their caregivers. That's why we pioneered our Yoga and Retreat programs - offered across North America - to empower our community with new tools, resources, and connections. Because when we do, the TBI community can better access their resilience, embrace who they are now, and reach their full potential.

Jackie teaches the LoveYourBrain FUNDamentals Yoga Class. 4 times annually, she serves up to 13 people with TBI and their caregivers with our evidence based 6-week series.



These classes take place at our Partner Studios. Partner Studio owners serve as business leaders, advocates for the TBI community, and a go-to resource in their city.



Lexi volunteers at the LoveYourBrain Retreat. She donates her time, skills, energy and love to help us serve our community



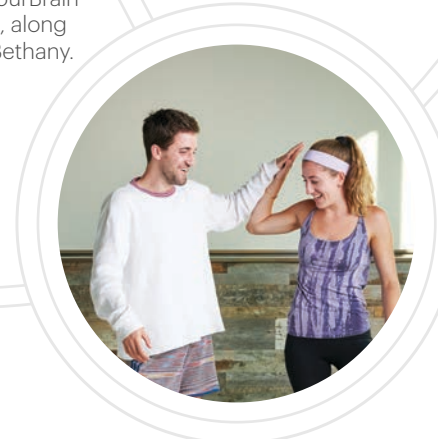
Tom attends the Yoga series after returning from the LoveYourBrain Community Retreat. Later, he participates in the LYB Teacher Training. He remains connected to those he met at the retreat with, like Beckett, and brings the community-building skills he developed into his yoga series.



Bethany is able to connect with Stefanie in a new way, while healing and balancing her own journey. Bethany is also eligible to attend our Caregiver Retreat.



Stefanie attends the six-week LoveYourBrain Yoga program, along with her wife, Bethany.



In their class, they're able to connect with other individuals and caregivers, like Jeff and Jen, and Tom.

Beckett is one of the 50 people affected by TBI who attends the Community Retreat. Our Retreat is free for Beckett to attend, and because of our hard-working staff and volunteers - like Lexi - Beckett leaves equipped with the skills needed to find resilience and thrive.



OUR  
WHY

LoveYourBrain believes that mindfulness, yoga, and community are essential to transforming the wellbeing of people with TBI and their caregivers.



*“There WAS a way to keep improving and I had found it.”*

**I first learned about LoveYourBrain (LYB) very early** in my TBI journey. I didn't know much about my injury and Post Concussion Syndrome, but I connected to Kevin Pearce's story of recovery - it was amazing and inspiring.

I was really nervous about the first LYB Yoga session. I was afraid of getting dizzy, losing my balance and falling. Would I be able to follow all the directions? What if I get physically or cognitively exhausted?

But by the end of that first session I felt it would all be okay. When a particular pose was challenging, our instructor showed me how to adapt to a more manageable and safe position. I could do it.

In class, there were others of all different ages and abilities, some months or years past their TBI. There were caregivers who were spouses or parents. There were even two teachers from my wife's school district. I was not alone. My wife and I were not isolated. There was a community out there and we were meeting them.

There's something about graduating' from traditional Cognitive Therapy and Vestibular Therapy that made me think I was all set, and there was nothing more to do to get better. But there were still a lot of challenges.

Don't get me wrong, it was hard. I was exhausted after each session. I wobbled, sweat, and cried. Sometimes I

just had to take a break and lie down. But the benefits were greater than the struggles.

Socially, I was no longer isolated at home. Physically, I improved my range of motion, balance and some of my pain even decreased. Emotionally, I learned ways to process the grief of losing the old me and the confusion of meeting the new me with the support and guidance from our LYB Yoga Teacher and the other participants in class.

There WAS a way to keep improving and I had found it.

Best of all, I was doing this all next to my spouse. I had the TBI but she was also feeling the effects as a caregiver. My Cognitive and Vestibular Therapies had concentrated on me, but she was also in need of support and guidance.

Now, she had a way to begin her own recovery. It helped me, it helped us.

LYB has brought a new and better dimension to life after TBI.

*- Stefanie*

LoveYourBrain Yoga Participant

**I saw The Crash Reel a few years before my brother** Jeff's accident, but I never thought my family and I would go through something so similar. When Jeff was hit by a car training for the NYC marathon, suffering a very serious TBI that left him in a coma for two weeks, I instantly thought back to Kevin's story and sent him an email, hoping that he could shed some light on this state of darkness we were in. He responded,

*Hi Jeff, always know anything is possible, and always remember to love your brain. Be patient, be loving and be kind to yourself.*

Jeff was still in a coma at this time, and I really needed to be reminded that anything truly is possible. This was also what Jeff needed to hear when he woke up from the coma confused, scared and frustrated. It was a beautiful thing to feel the support of LoveYourBrain during this time.

LoveYourBrain was a great healing experience for my brother, AND a great healing experience for



caregivers and family. Before finding LYB, life was hectic that there was not much time to really process anything.

In the LYB Yoga program, we were able to openly discuss what happened and decompress in a peaceful environment.

I didn't truly know the meaning of the word 'resilience' until I saw Jeff progress so quickly and with so much determination. I was there for it all - from brain surgeries to not being able to walk, to his first steps on his own. In November, Jeff ran the NYC Marathon, and I ran alongside to support him.

LoveYourBrain also helped me realize how resilient I was during this time. When the accident happened, I was a senior in college, trying to balance time at hospitals and rehab centers and school work. LoveYourBrain showed me that yes, it is ok to cry and feel pain and emotion, but I can't let it stop me from achieving my goals, being there for Jeff and the rest of my family, and living a happy life.

LoveYourBrain helps families heal and move past traumatic experiences, and invites you to bond with other people who have been through something similar. That has helped us feel less isolated.

*- Jen*

Caregiver to her brother, Jeff,  
LoveYourBrain Yoga participant



*“I really needed to be reminded that anything truly is possible.”*



**I first learned about LoveYourBrain at** a networking event from a local chiropractor who shared that one of the very best ways a person living with a TBI can promote healing is through yoga. However, he was having trouble finding a studio that provided the right kind of yoga for the TBI population.

Now, my yoga studio, Hot or Not New Mexico, is NM's first and only LYB Partner Studio! To date, we've hosted 8 LYB Yoga series, and along the way, we've established ourselves as a go-to resource for yoga for TBI in our community.

Being a LYB Partner Studio means I have met amazing people, attended informative talks by innovative and caring professionals in the neurosciences, and find myself advocating for people living with TBI in daily conversations with people.

Being a LYB Partner Studio means being awestruck by some of the challenges our LYB students face every day, which helps us to live in gratitude, but also in a space of learning.

We can teach our students yoga, but our students teach us about grace, acceptance, compassion, empathy, about the strength of the human spirit, and the reminder that life is a priceless gift.

Hot or Not Yoga NM's Vision is that our community sees us as a pillar of integrity, learning, nurturing, healing, and community involvement and has a reputation for acceptance and progress in New Mexico. Our partnership with LYB has helped us achieve that vision.

- *Marisol*  
 Owner, Hot or Not Yoga, New Mexico  
 LoveYourBrain Partner Studio

**UNITED STATES**

Practice Works\*  
 Birmingham, AL

Blue Yoga Nyla  
 Little Rock, AR

Kharma Life Center\*  
 Phoenix, AZ

Ume Yoga  
 Oakland, CA

RESILIENCE  
 San Diego, CA

The River  
 Denver, CO

Live Beyond Limit  
 Fort Collins, CO

Samadhi Yoga  
 Manchester, CT

The Yoga Shala\*  
 Washington, DC

Lotus Yoga\*  
 Jacksonville, FL

The Peaceful Peacock\*  
 Orlando, FL

Pineapple Yoga  
 Sarasota, FL

evolution yoga  
 Atlanta, GA

Room to Breathe  
 Chicago, IL

Embarque Yoga  
 Indianapolis, IN

ASANA Charlestown  
 Charlestown, MA

Bodhi Yoga\*  
 Farmington, MI

Om Prana Yoga\*  
 Parkville, MO

Yoga on York\*  
 Baltimore, MD

Good Medicine Collective\*  
 Portland, ME

Hilltop Yoga  
 Lansing, MI

Yoga Motion  
 Wellness Academy\*  
 Bozeman, MT

Evolve to Harmony  
 Omaha, NE

Mighty Yoga  
 Lebanon, NH

Alluem Yoga  
 Cranford, NJ

Honor Yoga  
 Pennington, NJ

Hot or Not Yoga NM  
 Albuquerque, NM

Jamie Surya Yoga  
 Sparkill, NY

REAL Human Performance  
 Cincinnati, OH

Seven Studios  
 Columbus, OH

PranaShanti Yoga Centre  
 Ottawa, ON

The Yoga Lab  
 Bend, OR

Unfold Studio  
 Portland, OR

Blue Buddha Healing Arts  
 Exton, PA

Wake Up Yoga  
 Philadelphia, PA

Salt Power Yoga  
 Seven Fields, PA

Epic Yoga\*  
 Brentwood, TN

The Atrium  
 Houston, TX

MelMarie  
 San Antonio, TX

Full Circle Yoga & Therapy\*  
 Salt Lake City, UT

Sangha Studio  
 Burlington, VT

Falls Church Wellness Center  
 Falls Church, VA

**CANADA**

Modo Yoga Winnipeg  
 Winnipeg, MB

Shanti Hot Yoga Studio\*  
 Halifax, NS

The Willow Studio \*  
 Peterborough, ON

Union Yoga + Wellness  
 Toronto, ON

Ashtanga Yoga Montreal  
 Montreal, QC

\*New for FY19!



**One Friday evening, I was** contemplating signing up for a 200 hr Yoga Teacher Training. Instructing was never the reason, but I did want to delve more into this world of relaxation, acceptance, and improving one's outlook. Then, my youngest son Luke, an avid skier and snowboarder, called. "Mom, you and dad have to watch The Crash Reel. It's us!"

We watched the movie that mirrored our eldest son Rob's recovery from a motor vehicle accident. Through a lot of tears, we felt compassion for the Pearce family.

I am now instructing my third LoveYourBrain Yoga Series! Becoming a LoveYourBrain Yoga Teacher has empowered me to put aside my fear of public speaking, knowing how this program can change the lives of our students. LoveYourBrain prepares the quotes, themes, and meditations for each week of our Yoga series, and this helps instructors like me provide a series that builds on physicality, provides space for discussion, and builds community.

Signing up for a new program, perhaps doing yoga for the first time, entering a room where you know no one. This can be overwhelming, especially for someone living with the effects of brain injury. But the 'magic' occurs from a series designed to empower others to regain a feeling of acceptance, through the creation of community.

Resilience and Community are the cornerstones of LoveYourBrain Yoga. The students are the bricks, each one bringing their own story. The house is built with every new story shared. LoveYourBrain creates a world more accepting, forgiving, empathetic, and loving.

- *Kim*

*LoveYourBrain Yoga Teacher*





CONNECTORS AFFILIATES

**COMMUNITY CONNECTORS**

These dynamic individuals harness their past experience with TBI to promote and advocate for the LoveYourBrain message in their community.

Adam Bullough  
Shannon Carlson  
Stephanie Congo  
Felise DiMartino  
David Fischer  
David Jevotovsky  
Beckett Johnson

Steve Kuhn  
Nate Lacroix  
Abby Linn  
RJ Lisander  
Tom Longest  
JoAnna Lund  
Thomas Mascia

Trisha Meili  
John Menges  
Mary Nelsen  
David Phillips  
Sarah Renberg  
Wendy Waldman  
Amy Zellmer

**CLINICAL CONNECTORS**

A network of TBI rehabilitation specialists who raise awareness about and refer patients to the LoveYourBrain Yoga program nearby their health service. Partnering with clinicians is essential to the sustainability and expansion of our community based program.

Debra A. Fournier  
Sherrie All, PhD  
Shannan Asselta  
Anneke Bender  
Dee Bosilejvac  
Susan Bowman Burpee  
Trisha Brabender  
Jill Brooks  
Barbara Capone  
Katie Cassady  
Margot Catizzone  
Tina D'Amato  
Joan Danks  
Suzanne Drake Wolfe  
Jennifer Elaine Speer

Lauren Elizabeth McGee  
Jacquelyn Farrell  
Kathryn Farris  
Mary Finck  
Jennifer Fischer  
Cathy Fisher  
Allison Frederick  
Puja Gohel  
Liz Huls  
Ariella Kaplan  
Kelly Krese  
Ingrid Larson  
Heather Lesniak  
Amanda Lyons  
Ashley Marrapode

Kerry McGinn  
Elise Meade  
Richelle Moore  
Debbie Moore  
Heather Nearing  
Jennifer O'Neil  
Kate Pie  
Megan Potter  
Peggy Reisher  
Mandie Schake  
Erika Silverman  
Julie Sum  
Jackie Thomas  
Kelsey Watters  
Katie Weathers

**CLINICAL AFFILIATES**



Indianapolis, IN



Baltimore, MD



Mason, MI



Omaha, NE



Austin, TX



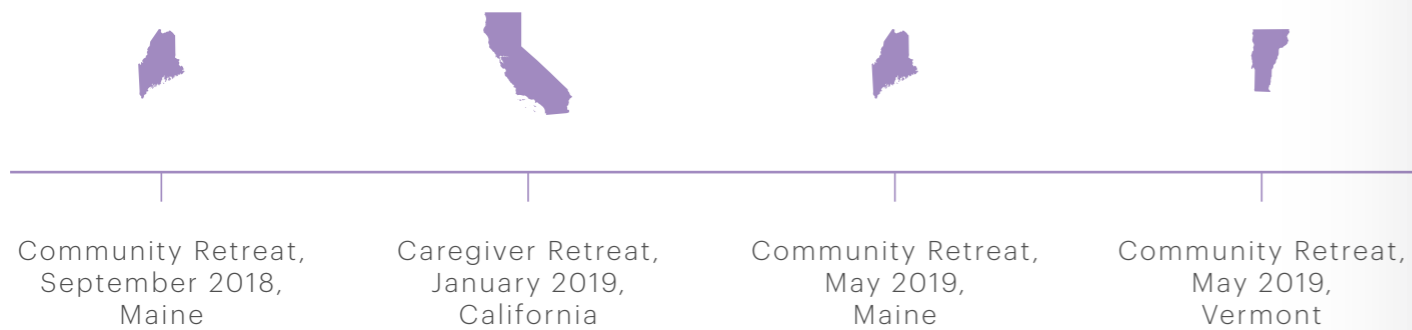
Surrey, BC



Our retreats support people with TBI and their caregivers to cultivate the resilient mindset, physical capability, and support system essential to their wellbeing.



106 INDIVIDUALS WITH TBI AND CAREGIVERS SERVED ON FOUR RETREATS IN FY19



PARTICIPANTS JOINED US FROM 20 US STATES

- |               |               |               |
|---------------|---------------|---------------|
| Canada        | Nebraska      | Rhode Island  |
| California    | Virginia      | Georgia       |
| Wisconsin     | Louisiana     | Washington DC |
| Massachusetts | Connecticut   | New York      |
| Vermont       | Maine         | New Jersey    |
| Michigan      | New Hampshire | Maryland      |
| Illinois      | Ohio          | Pennsylvania  |



*“These are unmatched coping strategies that serve to bring grounding and serenity.”*

**LoveYourBrain (LYB) brings a strong sense of community** among those who feel divided, and their programs allow for healing and release of pain for everyone. The strategies of caring for your mind, body, and soul are essential to everyday life, and serve to connect people who may not have a deep understanding of each other. LYB allows people to express vulnerability in order to connect, heal, and transform experiences.

As the founder and director of Camp Cranium, a week-long overnight summer camp for children with brain injuries, it was clear that my mission was similar to LoveYourBrain's, yet we were reaching different ends of the spectrum of brain injury. As two of our graduated Camp Cranium campers were set to attend a LYB Retreat in Maine, I decided to volunteer my services as the Retreat Nurse for the week.

Volunteering for LYB really impacted my life. It brought focus and motivation to gain a deeper understanding of what individuals with brain injury need and desire.

It also helped me to connect in a different way than I have been able to in my role at Camp Cranium. I have begun to implement some of the mindfulness strategies from the retreat into our week at Camp Cranium as I realized how critical it can be for coping. Personally, it helped me as a caregiver to understand

my role and limitations in my relationship with my brother, and in supporting our campers and their families. As I look back, volunteering for the LYB retreat was an essential, pivotal experience, and I hold immense gratitude in my heart from that week.

Since volunteering for the LYB retreat, I've begun running small adult brain injury support groups here in Pittsburgh. I have been able to incorporate the core learnings from the retreat - including mindfulness, coping strategies, and yoga - into my sessions with the participants. And I'm now collaborating with our local LYB Partner Yoga Studio to provide a session for our support group. The participants have expressed how meaningful our sessions have been, and are always asking when we can meet again.

The mindfulness, yoga, and just pure moments of quiet and focus that we were able to experience at the LYB Retreat enabled me to truly investigate my own resilience as well as support it in others. These are unmatched coping strategies that serve to bring grounding and serenity in the midst of hurt, pain, and chaos. It is applicable to everyone who is struggling, not just those who have experienced a brain injury.”

*-Lexi*  
LoveYourBrain Volunteer

**I first found out about LoveYourBrain** through a panicked random search on TBI's. I'd just left the hospital after my TBI and really had no business being on a computer, but I had no medical coverage and therefore felt like I had no help. I felt so alone and lost.

LoveYourBrain has been one of the key components in my healing and finding a new resilience within me to thrive in amazing new ways. At the first LoveYourBrain Retreat I attended, I found people who understood me and my injury. People who didn't judge me, but took the time to hold space for me and offer guidance on how to help me live with these new disabilities. LoveYourBrain introduced me to modalities I may have never considered, like yoga and nutrition. This experience is one of the greatest blessings of my TBI journey.

LoveYourBrain allowed me to process my injury in my own time and with others who were going through the same thing. I could see myself reflected in them, and that made me not feel so alone anymore. LoveYourBrain has also helped me embrace something I was already passionate about: helping others just like me. I never want anyone to have to go through the tough journey it has been due to lack of medical coverage, or lack of support. I now serve as a LoveYourBrain Ambassador, helping other people get connected to this healing, accessible community.

LoveYourBrain has made a better place for TBI survivors. They help show that when humans help humans, no matter their circumstances, we all flourish.

*-Beckett*

LoveYourBrain Retreat participant  
LoveYourBrain Ambassador



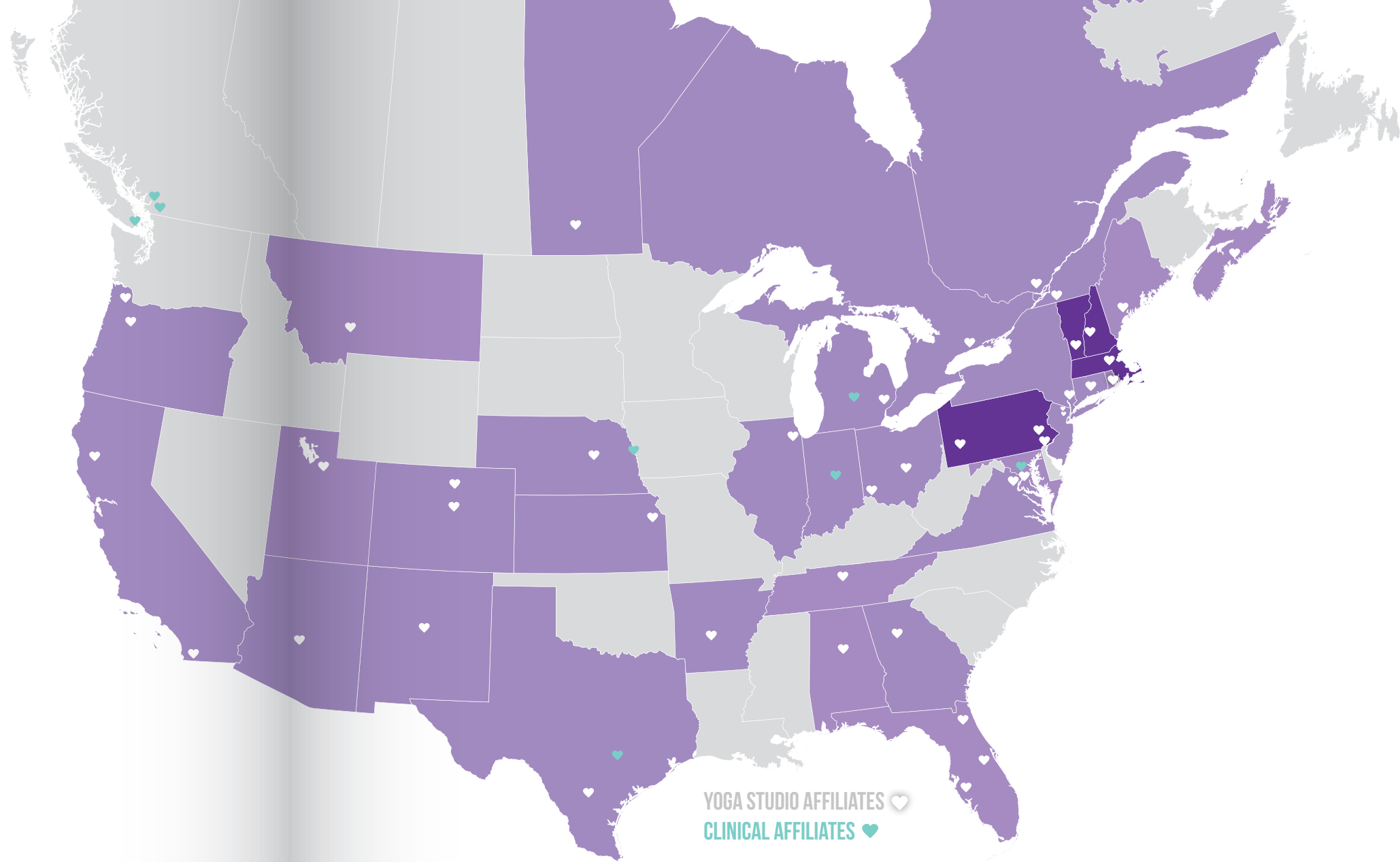
*“I had no medical coverage and therefore felt like I had no help.”*

# LOVE YOUR BRAIN<sup>®</sup>

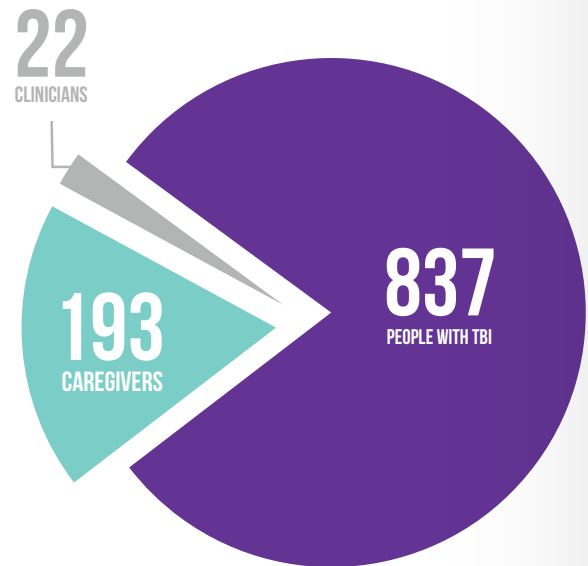
Y O G A

## PROGRAM EXPANSION

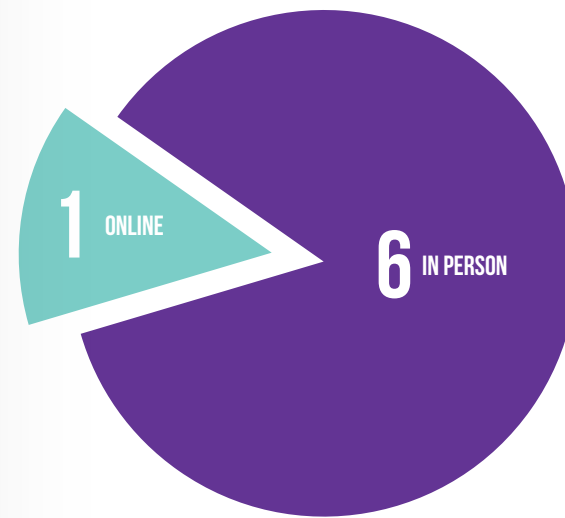
<b>FY16 LOCATIONS</b> YEAR 1	<b>FY19 LOCATIONS</b> YEAR 4
---------------------------------	---------------------------------



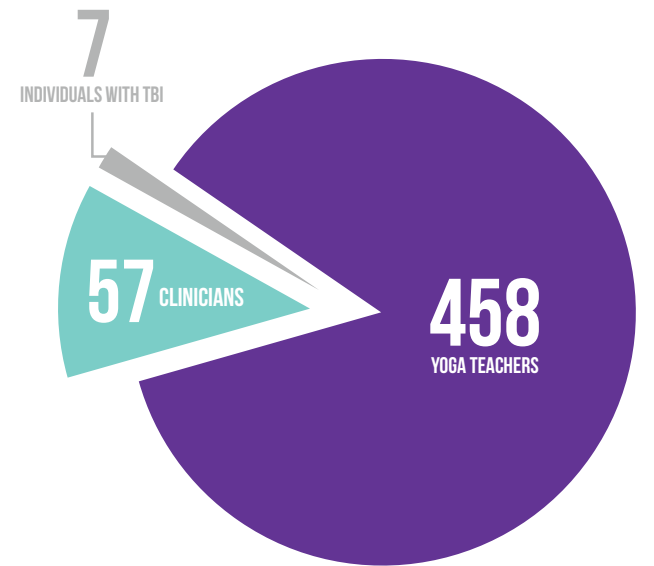
WE PROVIDED 132 LYB YOGA PROGRAMS (COMPRISED OF 792 YOGA CLASSES), HOSTED 7 TEACHER TRAININGS AND TRAINED 522 TEACHERS!



1,054 PARTICIPANTS ATTENDED LYB YOGA CLASSES (23% OF THESE INDIVIDUALS REPEATED THE SERIES)



YOGA TEACHER TRAININGS



TEACHERS TRAINED

# EVENTS



OCTOBER 5TH, 2018

We hosted our 2nd Annual LoveYourBrain Golf Tournament at Montcalm Golf Course in Enfield, NH. We raised \$30,000 and educated our community about TBI.



## MINDFULMARCH

MindfulMarch is LoveYourBrain's signature month-long awareness and fundraising campaign in honor of Brain Injury Awareness Month. We see March as an opportunity to bring awareness, connection, and resilience to TBI.

In March of 2019, we raised **\$151,745** thanks to the overwhelming support of **114** studios and individual organizers across the globe!

Together we held **103** donation bases classes, hosted **21** fundraising events, supported **12** individual campaign fundraisers, and got **696** members meditating all month long in the Meditation Challenge!



## 5 BORO BIKE TOUR

May 5th, 2019: LoveYourBrain participated for the first time in the TD Bank 5 Boro Bike Tour in New York City. Our team of 25 riders rode the streets of NYC and raised \$30,000 to support our Retreat programs. Thanks to all of our riders!



## GIVING TUESDAY

November 27th, 2018: Giving Tuesday brought our community together and helped us raise \$58,000 in one single day! This amount was generously matched 3:1 by LoveYourBrain supporters Brett and Sarah Hershey. The success was recognized by our donation platform system, and LoveYourBrain was featured as a "Giving Tuesday Campaign to Replicate" in a 2019 webinar for other nonprofits!

We recognize those in our community who champion our mission and invest in our future.  
A special thanks to these top donors and fundraisers:

**\$25,000+**

Jack and Dorothy Byrne Foundation  
Brett and Sarah Hershey  
lululemon | here to be  
Stephen McDonnell family  
The Mill Foundation  
Daniel E. Offutt, III Charitable Trust  
Simon Pearce

**\$10,000+**

Anonymous  
Peggy McDonnell  
Mark and Kathryn Whiteside

**\$5,000 - \$9,999**

David and Carol Adler  
Scott Falzone  
Fischer Family Gift Fund  
Josh M. Illig  
Louis Legacy Foundation  
John Mansfield  
John Murphy  
NBT Bank  
The River Power Vinyasa Yoga

**\$1,000 - \$4,999**

Addison Northwest School District  
Jay and Heather Benson  
Robert Cosgriff  
Kate Durie  
Polly and Bob Flanigan  
Kaitlyn Ford  
Marianna Frame  
John Illick  
David Jevotovsky  
Thomas Kail  
Anna Lethen  
Priscilla Linn  
Martin MacDonnell  
David Nathan Meyerson Foundation  
Moksha Yoga  
New Hampshire Charitable Foundation  
Simon and Patricia Pearce  
Cassie Piasecki  
Sara Ruiz  
Gary Simpson  
Judy Thomas  
Vermont Juice Company  
Joseph Whitney  
Arthur Ashley Williams Foundation  
Amy Zellmer

**\$500 - \$999**

Andrew Arredondo  
Rachael Barnard  
Jennifer Beighle  
Amy Black  
Norma Block  
Katherine Brown  
Julia Calhoun  
Nathaniel Chace  
Maxine Christopher  
Kathleen Davin  
Debby DeMartino  
Ashley Desaro  
Linda Dickey-White  
Gail Donovan  
Katie Donzanti  
Prism Economics  
Irene Erdtsieck  
Justin Finley  
Eli N. Futerman  
Alison Dinney  
John Girard  
Mark Gorscak  
Marguerite Harden  
Jessie M. Hofstra  
Howie Howell  
Evelyn Johnson  
Peter Kidwell  
Elizabeth Kirby  
Ruby Knafo  
Michael Lamgna  
Lynn Lippert  
JoAnna Lund  
Catherine Lyons  
Kimberly Maddox  
Catherine Marich  
Elizabeth McGrath  
Marjorie M. McKinley  
Elizabeth McLaughlin  
Roger Mortimer  
Jill Mulcachy  
Sara Norris  
Jennifer Painter  
Jennifer Ryan  
Michele Shone  
Linda R. Stone  
Jennifer Thomas  
John Walsh  
Susan Wilhelm  
Carol Wilson  
Lucas Wynn  
Katrina Zales  
Caledonia Spirits Inc.

Jewish Communal Fund  
Mascoma Savings Bank  
Tim Scott Real Estate  
United Way of Deschutes  
White Light Foundation  
Samadhi Yoga Studio LLC  
The Capital Group Companies  
Charitable Foundation  
Gorman Family Fund  
Phoenix Wealth Advisors, Inc  
Johnson & Johnson Matching Gifts  
Program  
J. Little Heating & Cooling

**\$250 - \$499**

Marsha Adler  
Susan Arritt  
Justin Boren  
Nonie Brady  
Mary Ellen Buckley  
Jean and Michael Buckley  
Jason Caldwell  
William Cesery  
Johnnie Chace  
Rina Chessin  
Jeri Citron  
Kerri Clawson  
Marjorie Cohn  
Joe Connors  
Matthew Crance  
Elizabeth A. Derraugh  
George and Marianne Durgin  
Christina Eisenberg  
Robert Eng  
Tami Faith  
Linda Forrest  
Marvin Gemas  
Samantha Gibson  
Kristin Glaser  
Jill Glazer  
Taya Glotzer  
Andrew Goldberg  
Renee Goot  
Tracy Gosson  
Jacqueline Griffiths  
Tammy Guihan  
Kerstin Henseleit  
Katlyn Hill  
Laura Johnson  
Steven Jones  
Honor Yoga  
Louise Keoghan  
Darcy Kiefaber  
Jo Kirsch

Tudie Kirshner  
Kelly Krese  
Reggie Kronstadt  
Martha Lapham  
Dawn Leborgne  
Hilarie Lockwood  
Susan Malueg  
Bill Matthews  
William Mazejko  
Charles McKinley  
Patricia Meili  
Jeanne Mudie  
Kimberly Musial  
Eugene Oddone  
Melissa Pavlovich  
Doug Perkowsky  
Ramsay Pierce  
Miki Quinn  
Penelope Pierce  
Miki Quinn  
Robert Radke  
Stanley Raine  
Meg Rehrauer  
Annie Robinson  
Anthony Roisman  
Sophia Sacknoff  
Phillip Schumacher  
James Sebring  
Kenneth Shaw  
Nancy Silberstein  
Wendy and Steve Silverman  
Rebecca Smith  
CJ Smith  
Kristen Sullivan McEntyre  
Jamie Surya  
Christy Swanson  
Jon Talotta  
Kristen Thomas  
Hailey Thompson  
Elizabeth Thompson  
Candace Tyson  
Spencer Wade  
Serena L. Wilson  
Modo Yoga  
Ann Winsor  
Laura Wise  
Joyce York  
Debbie Yberra  
Bar Harbor Bank & Trust  
Enhance Health  
Mighty Yoga  
The Atrium Yoga Studio  
Lotus Yoga of Riverside  
Southern Illinois University

Peer to peer fundraising helps LoveYourBrain elevate the stories and voices of the TBI community, and significantly impacts our ability to expand and sustain our programming.

**TOP FUNDRAISERS FY19:**

David Adler  
Conor Crippen  
Kelly and Stephen Davin  
David Jevotovsky

Thom Mascia  
Jenny Painter  
Ramsay Pierce  
Kaeleigh Pollard

PranaShanti Yoga  
Centre  
Duncan Quinn

**IN-KIND SUPPORT**

Giant  
Rising Tide Co-Op  
SingleTrack Supply Co.  
Verve Coffee

Vital Choice  
Yeti

PHOTOGRAPHERS:  
Rob Coshow  
Elizabeth Griffin  
Steve Jones Photography

**OUR TEAM DURING FY19**

Kevin Pearce, co-Founder  
Adam Pearce, co-Founder  
and Executive Director  
Kim Baker  
Amber Davey

Abbie Eldridge  
Mary Fay  
Ari Havusha  
Kyla Pearce  
Ramsay Pierce

Courtney Ruoff  
Molly Sanchez  
Alyssa Talbot  
Megan Whiteside  
Shilo Zeller

**BOARD OF DIRECTORS DURING FY19**

Patricia Pearce  
David Adler  
Jay Benson  
June Heston  
Geoffrey J. Vitt

**ADVISORY TEAM**

Michael Jager  
Doug Ulman  
Chris Giza  
David de Rothschild  
Duke Stump  
Roger Mortimer

**PARTNERS**



**CORPORATE SPONSORS \$1,000+**



**FINANCIALS**

**Fiscal Year 2019 (July 2018-June 2019)**

FY19 was our most successful fundraising year to date. We raised 16% more than projected and spent 9% less than projected. Moving forward, LoveYourBrain is in a strong financial position to continue to grow our core programs both intentionally and sustainably.

