



Resiliency Forum  
**Common Paths: Pain, Tinnitus, and Impact on Sleep**  
September 23, 2014

5:30 PM **Registration**

6:00 PM **Welcome and Introductions:**  
Liam Lowney, Executive Director, MOVA

6:05 PM **Common Paths: Pain, Tinnitus, and Impact on Sleep**  
Dr. Brian Fligor, ScD  
Ongoing pain and Tinnitus are two common impacts of the bombing on many survivors, and both can interfere with sleep, and therefore one's ability to recovery. Dr. Fligor will explain the similarities of pain and tinnitus and the impact of both on the brain. He will also discuss useful methods to aid sleep despite the presence of such pain.

7:05 PM **A Conversation About the Massachusetts Resiliency Center**  
Kermit Crawford, Ph.D., Executive Director  
Part of the Massachusetts Resiliency Center Leadership Team will take questions about the development of the Resiliency Center, and lead a community discussion for survivor input in planning for the Massachusetts Resiliency Center.

7:45 PM **Closing Remarks**  
Susan Vickers, Consultant, MOVA