



THE CITY OF SAN DIEGO
San Diego Public Library

FOR IMMEDIATE RELEASE
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**HEIDI LERNER RECITES POETRY FROM “GRAY MATTERS” AT THE
SAN DIEGO PUBLIC LIBRARY**

Triumphant Book of Poetry Deals with Survival after Experiencing Traumatic Brain Injury

SAN DIEGO – Mo`olelo Performing Arts Company and the San Diego Public Library present an author talk with Heidi Lerner. Lerner will discuss and read from her collection of poetic insights, entitled *Gray Matters: Brain Injury, the Inside Perspective*, in a FREE event at 6:30 p.m. on Monday, August 18 in the second floor meeting room of the Central Library, located at 820 E Street in downtown San Diego.

This intriguing book of poetry offers an introspective and sometimes humorous view of what it's like to suffer a near-fatal blow to the head and live with its complications. The book offers intellectual, psychological, and emotional support to brain injury survivors, as well as to their friends and families, while educating the public about the experience of having a brain injury. It includes topics such as rehabilitation from trauma, the neurological functions of the brain, recreational therapy - nature's healing influence, and the importance of support groups.

In 1989, Heidi Lerner sustained a severe traumatic brain injury in a car accident. After the most significant portion of her rehabilitation, though still struggling with cognitive and psychosocial impairments, she earned a masters degree in Special Education. She currently works at Access to Independence, in San Diego, as a Peer Support Specialist. In this position, Heidi conducts a mentoring program that enables people's disabling experiences to serve as guides for others with more recently acquired injuries or disabilities. She also facilitates support groups, including a brain injury support group in North County also titled "Gray Matters." In her group, Heidi promotes a fun-loving atmosphere, camaraderie and advocacy for brain injury survivors. Lerner's website provides samples of her poetry, additional resources regarding brain injury, and even a possibility to purchase copies of her book; see www.graymatters4u.com.

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Mo`olelo Performing Arts Company is the resident theatre company at the La Jolla Playhouse. The Mo`olelo production of *Night Sky*, a play about traumatic brain injury and aphasia, runs

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August 27 - September 21, 2008. Tickets and information are available at www.moolelo.net and 619-342-7395.

Learn about other events at the San Diego Public Library's Central Library and 35 branches, find links to numerous additional resources, or search for materials in the Library's catalog online at www.sandiegolibrary.org.

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