




Let's Connect this January 2022

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Please note: Coloured Zoom Links indicate different zoom log number

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3	4 <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Explore Art 1:00—3: 00 pm</p>	5 <p>Let's Get Healthy 10:00-11:30 pm (Brain and Body Function) https://zoom.us/j/4115089393</p>	6 <p>Rebuilding 10: 00-11:30 am https://us02web.zoom.us/j/9516088047</p> <p>Let's Walk 1:30-2:30 pm</p>	7 <p>Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393</p> <p>Soup's on at 12:00</p>	8
9	10	11 <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Toolbox 1:00-2:30 pm https://us02web.zoom.us/j/9516088047</p> <p>Let's Explore Art 1:00—3: 00 pm</p> <p>Let's Talk about Caregiving 7:00-8:00pm https://us02web.zoom.us/j/9516088047</p>	12 <p>Let's Get Healthy 10:00-11:30 pm (Nutrition) GUEST SPEAKER TBI DIETICIAN KRISTAL MERRELLS https://zoom.us/j/4115089393</p>	13 <p>Rebuilding 10: 00-11:30 am https://us02web.zoom.us/j/9516088047</p> <p>Let's Walk 1:30-2:30 pm</p>	14 <p>Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393</p> <p>Soup's on at 12:00</p>	15
16	17	18 <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Toolbox 1:00-2:30 pm https://us02web.zoom.us/j/9516088047</p> <p>Let's Explore Art 1:00—3: 00 pm</p>	19 <p>Let's Get Healthy 10:00-11:30 pm (Exercise) https://zoom.us/j/4115089393</p>	20 <p>Rebuilding 10: 00-11:30 am https://us02web.zoom.us/j/9516088047</p> <p>Let's Walk 1:30-2:30 pm</p>	21 <p>Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393</p> <p>Soup's on at 12:00</p>	22
23	24	25 <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Toolbox 1:00-2:30 pm https://us02web.zoom.us/j/9516088047</p> <p>Let's Explore Art 1:00—3: 00 pm</p>	26 <p>Let's Get Healthy 10:00-11:30 pm (Mental Health and Sleep) https://zoom.us/j/4115089393</p>	27 <p>Rebuilding 10: 00-11:30 am https://us02web.zoom.us/j/9516088047</p> <p>Let's Walk 1:30-2:30 pm</p>	28 <p>Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393</p> <p>Soup's on at 12:00 Let's Celebrate Birthdays and Successes</p>	29
30	31		<p><i>Let's Talk Aphasia and Let's Move (neurorehab equipment) by appointment only.</i></p>	<p><i>"Be mindful—even when your mind is full."</i></p> <p>- Unknown</p>	