





Let's Connect this March 2022

PHONE: 250-597-4662

Email: admin@cowichanbraininjury.org

Please note: Coloured Zoom Links indicate different zoom log number

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
	 <p><i>"I've learned that there are no unimportant acts of kindness"</i> - Unknown</p>	<p>1 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Let's Walk 1:00-2:00 pm</p>	<p>2 Let's Get Healthy 10:00-11:30 pm (Brain and Body Function) https://zoom.us/j/4115089393</p>	<p>3 Rebuilding 10:00-11:30 am https://us02web.zoom.us/j/9516088047 Let's Explore Art 1:00-3:00 pm</p>	<p>4 Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295 Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393 Soup's on at 12:00</p>	5
6	7	<p>8 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Toolbox 1:00-2:30 pm https://us02web.zoom.us/j/9516088047 Let's Walk 1:00-2:00 pm Let's Talk about Caregiving 7:00-8:00pm https://zoom.us/j/4115089393</p>	<p>9 Let's Get Healthy 10:00-11:30 pm (Nutrition) https://zoom.us/j/4115089393 Let's Dine Out Call to RSVP 12:-00-1:00 pm</p>	<p>10 Rebuilding 10:00-11:30 am https://us02web.zoom.us/j/9516088047 Let's Explore Art 1:00-3:00 pm </p>	<p>11 Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295 Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393 Soup's on at 12:00</p>	12
13	14	<p>15 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Toolbox 1:00-2:30 pm https://us02web.zoom.us/j/9516088047 Let's Walk 1:00-2:00 pm</p>	<p>16 Let's Get Healthy 10:00-11:30 pm (Exercise) https://zoom.us/j/4115089393</p>	<p>17 Rebuilding 10:00-11:30 am https://us02web.zoom.us/j/9516088047 Let's Explore Art 1:00-3:00 pm</p>	<p>18 Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295 Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393 Soup's on at 12:00</p>	19
20	21	<p>22 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Toolbox 1:00-2:30 pm https://us02web.zoom.us/j/9516088047 Let's Walk 1:00-2:00 pm</p>	<p>23 Let's Get Healthy 10:00-11:30 pm (Mental Health and Sleep) https://zoom.us/j/4115089393</p>	<p>24 Rebuilding 10:00-11:30 am https://us02web.zoom.us/j/9516088047 Let's Explore Art 1:00-3:00 pm</p>	<p>25 Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295 Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393 Soup's on at 12:00 Let's Celebrate Birthdays and Successes</p>	26
27	<p>28 Let's Talk to the Director 1:00-2:00 pm</p>	<p>29 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Let's Walk 1:00-2:00 pm</p>	<p>30 Let's Get Healthy 10:00-11:30 pm (Balanced Lifestyle) https://zoom.us/j/4115089393</p>	<p>31 Rebuilding 10:00-11:30 am https://us02web.zoom.us/j/9516088047 Let's Explore Art 1:00-3:00 pm</p>	<p>Let's Talk Aphasia and Let's Move (neurorehab equipment) by appointment only.</p> 