

# BRAIN MATTERS

## NEWSLETTER

August 2022

Cowichan Brain Injury Society

## Coming Up in August

This month, things look a little different on our calendar, due to it being Summer. Read to find out the newest changes, and please contact us with any further questions - and remember to have FUN and stay SAFE in the heat!

## Important Dates

- 1st | **Civic Holiday** CBIS Closed
- 28th | **Frank's 3rd Annual Car Rally**
- 31st | **Overdose Awareness Day**

## Frank's 3rd Annual Car Rally

Join us from 1-3 pm on Sunday, August 28th for Frank's 3rd Annual Car Rally. Entry is \$30 per CAR - loaded with as many people as you like. No team? contact us to team up with others! If interested please RSVP via phone or e-mail.

## Let's Get Healthy

Let's Get Healthy this month will only take place every 2nd Wednesday as we have been working hard to serve all you this year but need to accommodate for Staff Holidays this month.

**August 3rd:** Brain and Body (Gender Differences in the Brain) via ZOOM

**August 17:** Chair Yoga AT CBIS

**August 31:** Balanced Lifestyles via ZOOM

## Peer Social & Soup

We are changing things up on Friday's, no longer will we have separate Men and Women's Groups but we will have a combined Peer Social from 10-11:30 am. The Peer Social will be sharing, exploring, and challenge with other peers. For those in Soup's On, we will be suggesting a donation of \$2 for lunch. Contact Chris with any questions!



## Overdose Awareness Day

Wednesday, August 31st come see us at the Overdose Awareness Day Event near the Train Station! We will have a booth from 11:30-4 pm. Contact Emma for more details.

**Did you know our attention span is similar to a goldfish?**

