

BRAIN MATTERS

NEWSLETTER

March 2024

Cowichan Brain Injury Society

Coming Up in March

March is Brain Health Awareness Month! Did you know that the brain is ~75% water? That means that even small amounts of dehydration can affect brain function. Make sure you are drinking enough water to keep your brain healthy!

Important Dates

- 18th | CBIS 5th Birthday Party @ Duncan United Church
- 29th | Good Friday Office Closed

Introduction to Brain Injury

A 3-session education series with discussions on how brain injuries can be sustained, brain injury effects, and the healing journey. Sign up only!

Tuesdays March 12, 19, and 26
from 1-2:30pm.

Movement Programs

We are introducing 3 movement programs by Billie (Kinesiology student). Find on the calendar Let's Walk, Let's get Balanced, and Let's Play. Each of these programs will be once a week for 6 weeks. If interested please contact us to sign up or learn more!



CBIS Turns 5!

We are turning 5 years old on March 17th! To celebrate this milestone we are inviting everyone to join us on Monday, March 18 @ the Duncan United Church for a birthday party! Stay tuned for more details to come.



March Birthday Shoutout: Locke and Polly
Happy Birthday from the CBIS team!

