

BRAIN MATTERS

NEWSLETTER

April 2024

Cowichan Brain Injury Society

Coming Up in April Let's Do Art with Bev

Welcome Spring! Sunshine and Vitamin D make such a huge difference for brain function and health. *Brain Tip:* Aim to spend some time outdoors everyday if possible to get the full benefits that nature can offer not only our physical but also mental health

Introducing a second art program to CBIS clients! Bev Harriott is a local artist who is starting a Art program at the Teaching House on April 2. The classes will be building on the same art project for multiple sessions. There are only 5 seats available, contact us to sign up!

Important Dates

- 1st | Easter Monday Office Closed
- 26-28th | CBIS 2nd Annual Hockey Tournament @ Duncan Arena



Yoga with Jess

Every Friday from 3-4pm at the Teaching House (6011 Cassino Rd) Jess, an Occupational Therapist leads Yoga! Yoga has so many benefits for brain injury - strength, balance, stress reduction, spatial awareness, and builds on executive functions

Toolbox

A 3-session education series with discussions on how to maximize brain health and healing while minimizing brain injury symptoms. Sign up only!

**Tuesdays April 2, 9, and 16
from 1-2:30pm.**



April Birthday Shoutout: Zack, Bev, Seumas, Amy
Happy Birthday from the CBIS team!

