

BRAIN MATTERS

NEWSLETTER

July 2022

Cowichan Brain Injury Society

Coming Up in July

We have a new intern! Come and meet Natalie, from Douglas College, studying to be a Therapeutic Assistant! She is completing her diploma currently, and will be with CBIS for 8 weeks. You will likely see her

Important Dates

- 1st | **Canada Day** CBIS Closed
- 22nd | **World Brain Day**
- 29th | **3rd Annual Backyard BBQ** at CBIS

3rd Annual Backyard BBQ

Join us from 11 am - 2 pm on Friday, July 29th for our 3rd Annual Backyard BBQ!

If interested please RSVP via phone or e-mail.

Intro to Brain Injury

All about brain function, overall brain health, brain injury overview. Learn about brain injury effects and how to cope with them.

July 5, 12, and 19. 1-2:30 pm via ZOOM

Contact Christine@cowichanbraininjury.org for more information

Did you know our brain uses 25% of our total oxygen supply?

Beat the Heat!

Keep Cool this summer by using these tips:

1. Keep Hydrated
2. Use a damp cloth or cool gel pillow to keep cool
3. Wear Protective Clothing
4. Avoid going out in the hottest parts of the day
5. Avoid switching between hot and cold environments too much



Bike Rodeo

We were so excited to host a bike rodeo for Bench Elementary School on June 20th. With approximately 100 kids learning about brain injury, helmet and bike safety, we had a blast! Above is Natalie outside of the tent.

"Nature does not rush, yet everything is accomplished."
- Unknown

