

BRAIN MATTERS

NEWSLETTER

June 2023

Cowichan Brain Injury Society

Coming Up in June

June is Brain Injury Awareness Month in Canada! Our goal is to spread awareness and end stigmas surrounding Brain Injury. For anyone who is willing to share their story with others, please contact us.

Did you know that every day, 456 Canadians sustain brain injury?

Important Dates

- 16th | Yard Sale 9am-3pm
- 14th | Let's Dine Out
- 15th | Caregiver's Group 1-2 pm
- 23rd | Aging Well Senior's Expo

Stay Cool

With the hot weather already among us, it is important to be prepared for the heat and stay cool, as the sun can cause more fatigue, and make injury effects heightened. Wear hats with large brims, drink lots of water, take extra breaks, and don't stay outside in the heat for long periods of time. Your brain will thank you for it!



June Birthday Shout outs: Devon, Brooke, and Ruth
Happy Birthday from the CBIS team!



Yard Sale June 17

Yard Sale fundraiser for the Road to Recovery Ride Across Canada is June 17 from 9am-3pm at CBIS. Community members are welcome to rent tables to sell their own goods. Contact the office for more information.



Qi Gong Classes

We are excited to announce that we are offering Qi Gong classes on June 1st and 8th from 10-11:30 am. Qi Gong movements are designed to improve the flow of energy in the body and mind, providing positive benefits both for our health and wellbeing.

Dress appropriately for the weather, as we will be outside if it isn't raining.