

MARCH 2020

BE SURE TO ENROLL BY PHONE IN CASE OF SCHEDULE CHANGE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 1 P.M. Fitness	3 10 A.M. Fitness 11:30 SUPPORT GROUP	4 — BRAIN OFFICE CLOSED —	5	6	7
8	9 1 P.M. Fitness	10 10 A.M. Fitness 11:30 SUPPORT GROUP	11 1 P.M. Fitness 5:30—9:30 P.M. CPR/AED	12 10 A.M. Fitness	13	14
15	16 1 P.M. Fitness	17 10 A.M. Fitness 11:30 SUPPORT GROUP	18 1 P.M. Fitness 6:30 P.M. Family & Caregivers Support Group	19 10 A.M. Fitness	20	21
— BRAIN AWARENESS WEEK—WATCH OUR BLOG FOR UPCOMING FUN ACTIVITIES AT THE BRAIN OFFICE —						
22	23 1 P.M. Fitness	24 10 A.M. Fitness 11:30 SUPPORT GROUP	25 1 P.M. Fitness	26 10 A.M. Fitness	27	28 9-2:30 P.M. CPR/AED First Aid Class
29	30 1 P.M. Fitness	31 10 A.M. Fitness 11:30 SUPPORT GROUP				

B.R.A.I.N.



KEY: RED-FITNESS, GREEN-WORKSHOPS, BLUE-FREE SUPPORT GROUPS, PURPLE- HOLIDAYS , ORANGE- CPR/AED

*“No BRAIN injury is too mild to ignore
Or too severe to lose hope.”*



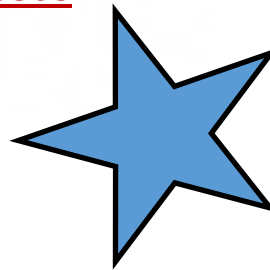
Brain Injury Awareness week— March 16-20

Watch our blog for fun events to support brain health and recovery.
Events will be held at the BRAIN office!



CPR/AED/FIRST AID—Certification Classes

- March 11—CPR/AED
5:30-9:30 p.m.—Cost: \$35.00
- March 28—CPR/AED/FIRST AID
9A.M.-2:30P.M.—Cost: \$50.00



SAVE A LIFE! These classes bring awareness to sudden cardiac failure and how to be the person to step forward and help a person in need.

The Heartsaver AED course teaches one-rescuer CPR, automated external defibrillator use, and relief of choking in adults, children and infants. The use of the barrier devices for all ages will also be covered.

Space is limited to 10 people per class.
All classes require you to sign up at least 3 days in advance.

FREE SUPPORT GROUP FOR SURVIVORS -

EVERY TUESDAY 11:30-1:00P.M.

Family & Caregivers Support Group:
March 18, 2020

3RD WEDNESDAY 6:30-8:00P.M.



FITNESS CLASS SCHEDULE

Monday/Wednesdays: 1pm to 3pm

Tuesday/Thursdays: 10am to 12 noon

