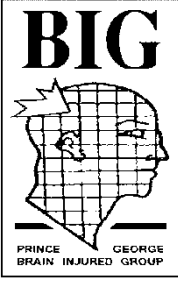


# The Prince George Brain Injured Group



## FEBRUARY 2019 Newsletter

### Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

#### New & Exciting Reiki Program



Reiki is an energy healing practice that promotes well-being for the body, mind & soul. Come learn how to use Reiki techniques on yourself

This program will run for (5 weeks)

Starting February 27, 2019

Wednesdays- 10:00am- 11:30am

#### Women's Group:

February 11<sup>th</sup>, 2019

Topic: What is Reiki?  
Guest presenter Rachelle  
11:00am-12:30pm



#### Relationship Group

February 4<sup>th</sup>, 2019

Topic: Overview of the five love languages and barriers in expressing love after injury

6:30pm-8:00pm

#### Reminders:

We are closed on  
Monday, February 18<sup>th</sup>  
Office Closed



#### Valentines Pancake Lunch

It's breakfast for lunch!  
Thursday, February 14<sup>th</sup>- 1:00PM-  
2:30PM

Please bring a pancake topping to share with the group.  
Toppings include: fruit, nuts, whips, flavored syrup, jam, etc.



#### Toolbox for Rebuilding Life

Toolbox is the next step in the learning and education after Introduction to Brain Injury.

This program will focus on the tools you will need as the "user of your brain" so that you can get the most out of it.

Topics include: Overall health (nutrition, exercise, sleep, positive attitude), The 6 R's of Rebuilding, the problem solving process, etc.

This program will run for 3weeks-  
Starting February 6, 2019

Wednesdays- 10:00am - 11:30am



#### Ongoing Weekly Groups & Classes:

##### Cribbage:

12:30pm-2:30pm

##### Karate:

Tuesday 10:30am-11:30am

##### Walking program:

Tuesday 10:00am-11:00am

##### CLG

Wednesday 12:30pm-2:00pm

##### Open Social

Thursday 1:00pm-2:30pm

##### Therapeutic Yoga:

Friday 11:00am - 12:00pm

#### Brain Games

Time to be determined,  
watch for weekly email  
update or contact Christine  
for more info

