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HEADS UP GROUP SUPPORT

NEWSLETTER

April 2007

*"Strength does not come from physical capacity.
It comes from an indomitable will"*

~Mahatma Gandhi

NEWS

- March was brain injury awareness month, and we learned more on the subject. For instance, we can incorporate some simple exercise in our daily lives, gets both right and left sides of the brain working simultaneously, to help improve brain function.
- As you have noticed, Suzanne has been doing the calling lately. She has been feeling better and ready to do some volunteer work. So she has taken on the job as Assistant Director at HUGS :) In addition to the calls, she is doing community outreach to spread the word about HUGS in the Conejo Valley, and she will be assisting me in other projects to strengthen HUGS. Thank you for your help Suzanne.
- A sneak peak at the coming months reveals: A guest speaker from the Oaks Rehab Specialists for May (I just learned that it is never too late to 'push the envelope'). In June, the theme for the meeting is Struggles and Victories. This time will be dedicated for survivors to share amongst themselves, as well as caregivers.
- Contemplating a trip to the Getty Villa in early May; anyone interested?
- Donations in March: \$6. Please donate :)

~Verónica

MEETING: 2nd Thursday of the Month
6:30-8:00pm at 72 Moody Court in T.O.

12th - Ceramics with Terry

As requested, Terry joins us for a fun evening teaching us again ceramic creations. Remember: it is \$10 per participant.

26th - Brunch at Roxy's Deli

Meet at 11:30am at Roxy's Deli in Thousand Oaks to socialize.

It is located at 1345 E. Thousand Oaks Blvd, just east of the 23 FWY. Their phone: 379.6767.

UPDATES

- After this brunch, we vote on our permanent brunch location.

CONTACT INFORMATION

Verónica: 805.498.6851

email: vero4hugs@yahoo.com