



H.U.G.S.

WWW.CONEJOHUGS.ORG

HEADS UP GROUP SUPPORT

NEWSLETTER

March 2008

"The heart has its reasons of which reason knows nothing."

~Blaise Pascal

NEWS:

• March is Brain Injury Awareness Month

For those of us who are coping with the every day effects after a brain injury, here are some revealing stats: Brain injury is the leading cause of disability and death worldwide; in the U. S.: every 23 seconds someone suffers a brain injury; 20% of the population is affected by one; 1 out of 20 Traumatic Brain Injury persons receives appropriate medical care (sources biausa, who, cdc). When life happens, H.U.G.S. is here for brain injury survivors, their loved ones and caregivers.

• HUGGERS

Our thoughts are with Mike R, and his loving family, as he recuperates from his hospitalization. Your resilience is always inspiring to us. We welcome the Lewis, Eubanks, and Kanchi families with open arms. Know that we care.

• H.U.G.S. Brochure

Since there were no volunteers to do the brochure, I decided to do it myself. Certainly a pro may have done it faster and more efficiently, but not with the heart and care that I put into it. May it reach those who are in need of H.U.G.S.

• WWW.CONEJOHUGS.ORG

Our website domain registration & hosting is now registered & renewed for two years through February 2010 for \$87.27; task done:)

~Verónica

MEETING: 2nd Thursday of the Month

6:30-8:00pm at 72 Moody Court in T.O.

13th- Stress Busters with Innate Wisdom?

Dr. John Horton, practicing integrative medicine in Westlake Village for the past 15 years, shares the simple tools people can use to access the brain's innate calming mechanisms to reduce the anxiety caused by stress. This is a wonderful treat for us.

27th - Brunch at Eggs 'N' Things

Meet at 11:30 am at Eggs 'N' Things in Thousand Oaks to socialize and support one another.

Remember to BRING JOKES ✓

Laughter is good medicine.

FUTURE MEETINGS

- APRIL: Games & Socialization
- MAY: HUGS at SIMPLY CERAMICS
- JUNE: William Remery, Esq.
- JULY: Loislyn

FUTURE OUTING

- Ticket To Ride: LA Metro Day - vote when

CONTACT INFORMATION

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