


November 2019 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
				1	 <p>Stop by our website! www.braininjuryservices.ca </p>
4	5 Energy Conservation 1:30-3:00	6	7 DROP IN 1:00-4:00	8	
11 Remembrance Day	12 Energy Conservation 1:30-3:00	13	14 DROP IN 1:00-4:00	15	
18	19 Energy Conservation 1:30-3:00	20	21 DROP IN 1:00-4:00	22	
25	26	27	28 DROP IN 1:00-4:00	29	



21 Essa Road, Unit #1, Barrie, ON L4N 3K4

ALL TUESDAY WORKSHOPS REQUIRE PRE-REGISTRATION.
Please Contact Rebecca At 705-734-2178 ext 222 or
rswift@braininjuryervices.ca

Energy Conservation and Pacing

It is important to pay attention to your symptoms during your recovery. You may experience times in your day when you feel energized, however, if you do too much you may experience an onset of symptoms related to your ABI. This workshop will assist in creating new strategies to track your activity level throughout a day. In this workshop you will become more aware of yourself and learn how to pace to conserve energy.

Drop in

We encourage you to come by for coffee, meet with peers, work on the computer or access our resource room. Hope to see you there.