

CVA/TBI GROUP

Alicia Bianchi • (619) 525-8247 • ABianchi@sandiego.gov OR Michael Rodriguez (see pg. 19)
 Programs are designed for individuals recovering from brain attacks (stroke, brain injury or illness). Programs are provided by TRS in conjunction with UCSD Health Comebackers Neuro Club, and Sharp YESS group. **Please contact our office before attending first program.**

Bowling

Friday, January 30 11:00am - 2:00pm



Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020). Cost includes shoe rental and 2 games of bowling. Bring a sack lunch or bring money to purchase food. Must register by January 18th.

REGISTRATION: \$10

CODE: 127470

Handcycling

Friday, February 27 11:00am - 1:30pm

Try out a handcycle for fitness and fun. Bring a picnic lunch. You are also welcome to bring your own bicycle, scooter, etc. Meet at North Crown Point Shores (3600 Corona Oriente Rd., San Diego, 92109).

REGISTRATION: FREE



CODE: 127471

See pages 6 - 11 for more opportunities, including special events, dances, weekly programs, and garden programs.



For scholarship, registration, and building information, see pages 3 and 5.

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