

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>New Year's Day</p> <p>Office Closed</p>	<p>2</p> <p>F.B.I.</p> <p>5:00pm - 7:00pm</p> <p>Topic: Setting smart goals for the New Year</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p> <p>Choir</p> <p>2:00 - 4:00</p>	<p>B.R.A.I.N.</p> <p>5656 Corporate Ave.</p> <p>Cypress, CA 90630</p> <p>(714) 828-1760</p> <p>www.thebrainsite.org</p>
<p>8</p> <p>Cognitive Class</p> <p>11:00am - 12:00pm</p>	<p>9</p> <p>F.B.I.</p> <p>5:00pm - 7:00pm</p> <p>Topic: The benefits of light</p>	<p>10</p> <p>Let's Talk</p> <p>1:00pm - 2:00pm</p> <p>Call for further info.</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>Speech and Cognitive Therapy</p> <p>(714) 828-1760</p> <p>Acupuncture</p> <p>Linda Cabrera</p> <p>(714) 329-2171</p>
<p>15</p> <p>Martin Luther King, Jr. Day</p> <p>Office Closed</p>	<p>16</p> <p>F.B.I.</p> <p>5:00pm - 7:00pm</p> <p>Topic: Why is it hard to make healthy decisions?</p>	<p>17</p> <p>Let's Talk</p> <p>1:00pm - 2:00pm</p> <p>Call for further info.</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>Choir</p> <p>2:00 - 4:00</p>	<p>Strength and Balance Personal Training</p> <p>Kevin Jung</p> <p>(714) 350-7598</p>
<p>22</p> <p>Cognitive Class</p> <p>11:00am - 12:00pm</p>	<p>23</p> <p>F.B.I.</p> <p>5:00pm - 7:00pm</p> <p>Topic: Does sleep impact your memory, your emotions and your life?</p>	<p>24</p> <p>Let's Talk</p> <p>1:00pm - 2:00pm</p> <p>Call for further info.</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>Shiatsu Massage</p> <p>Russell Ikeda</p> <p>(714) 989-3457</p> <p>Acupressure Massage</p> <p>Cathy Yu</p> <p>(626) 290-3000</p>
<p>29</p> <p>Cognitive Class</p> <p>11:00am - 12:00pm</p>	<p>30</p> <p>F.B.I.</p> <p>5:00pm - 7:00pm</p> <p>Topic: Keep moving - dance, walk, lift your arms - just do it!</p>	<p>31</p> <p>Let's Talk</p> <p>1:00pm - 2:00pm</p> <p>Call for further info.</p>	<p>1 February</p>	<p>2</p>	<p>3</p> <p>Choir</p> <p>2:00 - 4:00</p>	<p>B.R.A.I.N. Therapy Choir</p> <p>Claire MacKenzie</p> <p>(415) 837-8010</p>