

# 2020 Regeneration Generation Schedule

<b>January 28</b>	PERSONAL TRAINING – NEW YEAR, NEW YOU
<b>February 25</b>	ADAPTED YOGA
<b>March 10</b>	15 <sup>TH</sup> ANNIVERSARY CELEBRATION (THIS MEETING WILL BE EARLIER IN THE MONTH DUE TO OUR ANNIVERSARY CELEBRATION – IT WILL TAKE PLACE ON THE 8 <sup>TH</sup> FLOOR OF 1741 ASHLAND)
<b>April 28</b>	ADAPTED TRAVEL AND ACCESSIBILITY
<b>May 26</b>	SEXUALITY
<b>June 23</b>	MOTIVATIONAL SPEAKER - SUNSHINE KING
<b>July 28</b>	PARENT GROUP – CHILD DEVELOPMENT (THIS MEETING WILL TAKE PLACE ON THE 8 <sup>TH</sup> FLOOR OF 1741 ASHLAND)
<b>August 25</b>	HOME MODIFICATIONS AND TECHNOLOGY – PANEL DISCUSSION
<b>September 22</b>	MINDFULNESS MEDITATION AND HYPNOTHERAPY
<b>October 27</b>	SIP AND PAINT
<b>November &amp; December</b> – WE WILL NOT BE HOLDING MEETINGS DURING THESE MONTHS DUE TO THE BUSY HOLIDAY SEASON.	

**Unless otherwise noted above, meetings take place  
in conference room 202 at  
801 N. Broadway & begin promptly at 12:15pm.  
Lunch is provided with RSVP.**



International Center for Spinal Cord Injury  
at Kennedy Krieger Institute  
*Research. Restoration. Recovery.*