



September News



[Canadian Farmers' Markets](#) | [Find a local Farmers' Market in Canada](#) | [Farms.com](#)

Supporting Farmer's Markets from Coast to Coast

As we approach the Autumnal Equinox, our farmers' markets overflow with delicious produce, and finally the fires devastating our forests are subsiding in many parts of Canada. We are moving from Fire into the Earth element which supports our needs and vitality, our ability to feel nourished, contented and centred. As our children and teachers return to school, it's a great time to remember the gift of movement and its connection to living, learning and overall well-being.

This summer your board of directors met every month to continue developing our strategic plan. Our vision becomes clearer with each meeting. For the first time, our newsletter is available in separate French and English versions at the click of a button for easier reading.

Changes are afoot to reach out to the general public. Our website will include separate sections focused on the needs and concerns of parents, educators, and seniors. We need your input: stories, testimonials, blogs – please see the new **Grow** section below for details and share your experiences.

Wishing you a gentle transition into fall splendour.

Dana Luebke
President Brain Gym® Canada
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Connect

Brain Gym® Buddies Fall 2023

We are resuming on-line pairing of balance buddies for the month of September, inviting Brain Gym® Canada members to balance, play, learn, connect, and grow!

Whether you a professional member of Brain Gym® Canada, an associate, an international or a student member; all are welcome and invited to participate.

Simply send a message to Joanne Smyth: mindsinmotion1@gmail.com before Friday September 22nd, 2023 so she may complete the pairing up process.

I would like a balance with a buddy :
Yes No
What is your preferred language for your balance?
Français English

Looking forward to playing and learning together.
Joanne Smyth : mindsinmotion1@gmail.com
Brain Gym® Buddy Coordinator



Breakthroughs International Virtual Coffee / Tea

Come together for an hour of companionship, kindness, and support as you meet with your colleagues to check in on how they're doing and share how you're doing.

Tuesday, 12 September from 10:30am Pacific Time
Free to join, 1 relicensure credit. Use the link below to sign up:

<https://www.eventbrite.com/e/bi-virtual-coffee-tea-registration-7057110998979ff=oiddttcreator>



Share



Brain Gym® Canada Meet-ups – Fall 2023

We are looking forward to starting our fall meet-ups soon. In an attempt to make meet-ups more accessible to everyone, we are alternating running them on the last Saturday of the month and the last Thursday of the month.

Our next meet-up will be on Saturday September 30th at 1:00 pm Toronto Time, 2:00 pm in Moncton and 11:00 am in Calgary. Members will have an opportunity to share information about courses they teach, or plan to teach in the future. This is sure to be an informative meet-up. Hope to see you there!

As always, no need to sign up, simply use the zoom link below to join us:
<https://us02web.zoom.us/j/82327422029>

Mark your calendars for future 2023 meet-ups (details to follow)
Thursday October 26th at 7pm Toronto Time, 8:00pm in Moncton and 5:00pm in Calgary
Saturday November 25th at 1:00pm Toronto Time, 2:00 pm in Moncton and 11:00 am in Calgary

Learn

[2023 International Kinesiology Conference](#)

Registration is open! Registration is available on the home page of the conference website. Join us as participants, co-sponsors, or advertisers at the 2023 International Kinesiology Conference.

See you online on October 14–17, 2023 at the 2023 International Kinesiology Conference!

<https://lifelonglearning2023.com>

The conference team and presenters have been working hard to create a video series highlighting the wealth of knowledge and experience that will be showcased at the upcoming conference. The videos can be viewed on the Lifelong Learning 2023 Facebook page. If you are on Facebook, be sure to give the page a follow to get more updates!

Tuesday September 12th, 1:00pm (France time) – 7:00am (Toronto time) come and meet Amy Choi from Hong Kong at the next Brain Gym France Stars Rendez-vous! She is a member of the International Faculty as well as a co-organizer of the 2023 International Conference. No need to register simply use the zoom link below to join:

<https://us02web.zoom.us/j/82899453938>



Grow

Welcome to this brand-new section of our newsletter which will soon be appearing on our Brain Gym® Canada website! We have already begun re-envisioning our website to be friendly, informative, and relevant for the general public, in addition to our members.

The goal of this new part of our website is to shine a light on some of our specialized offerings, specifically pertaining to:

- Teachers seeking tools for classroom and stress management (Educators)
- Parents seeking support for their children (Parents)
- Seniors and adult children seeking support for their parents (Seniors)

We want to share the wonderful Brain Gym® transformations and growth our members have witnessed in themselves and in others! These may be shared in written form, or as an audio recording, or even a video. (Perhaps recording yourself telling the story to someone over Zoom). We are available to assist with any technical aspects if you would like some support.

We would love to have testimonials from students and clients who have given permission to use them.

Also needed are photos of people doing Brain Gym®, either individuals or groups of different ages, people teaching Brain Gym®. Our goal is to gather enough materials by September and begin creating the new sections of the website.

Brain Gym® Canada Website Committee
website@braingymcanada.ca

Dana Luebke, BGC President

Joanne Smyth & Sonya Sommerville BGC Board Members



www.braingymcanada.ca