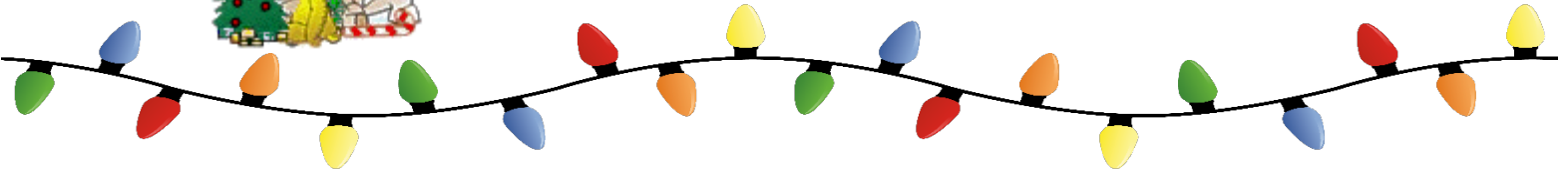




DECEMBER SUPPORT GROUP LISTS



Heads Up Group (for those with a traumatic brain injury)

- ☛ Sunday, December 16, 1:00 p.m. to 3:00 p.m.
- ☛ Supreme Buffet and Hibachi Grill, Town and Country Shopping Center.
- ☛ 2309 S Macarthur Blvd
- ☛ Sunday buffet is \$11.99.
- ☛ For more information, contact David at 217-523-2587.

Post-Polio Group

- ☛ No meeting this month

MMC Rehab Grad Support Group

- ☛ Monday, December 3
- ☛ 4:00 p.m. to 6:00 p.m.
- ☛ Support group is at Memorial Medical Center
- ☛ For more information, call 217 788-3461 or Memorial Rehab Services at 217 788-3300.



SPRINGFIELD CENTER FOR INDEPENDENT LIVING

330 S. Grand Ave., West
Springfield, IL 62704

For further information about any support groups, or if Braille, large print, or an interpreter are needed, please contact SCIL at 523-2587 v/tty two weeks in advance