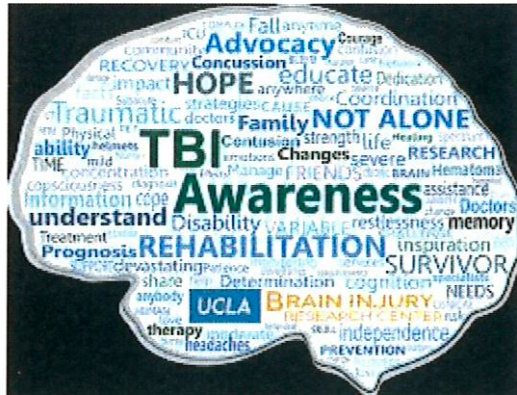




## TBI Independent Living Skills

**Daily Living Skills, Budgeting, Health and Nutrition Navigation, Mindful Meditation, Yoga for Brain Injury, and more.**



**Appointments available over phone, email, and on Zoom.**

**Contact Jeannette Lanterman, TBI Coordinator,  
for more information  
(530) 242-8550**

**2453 Athens Ave. Redding Ca. 96001**