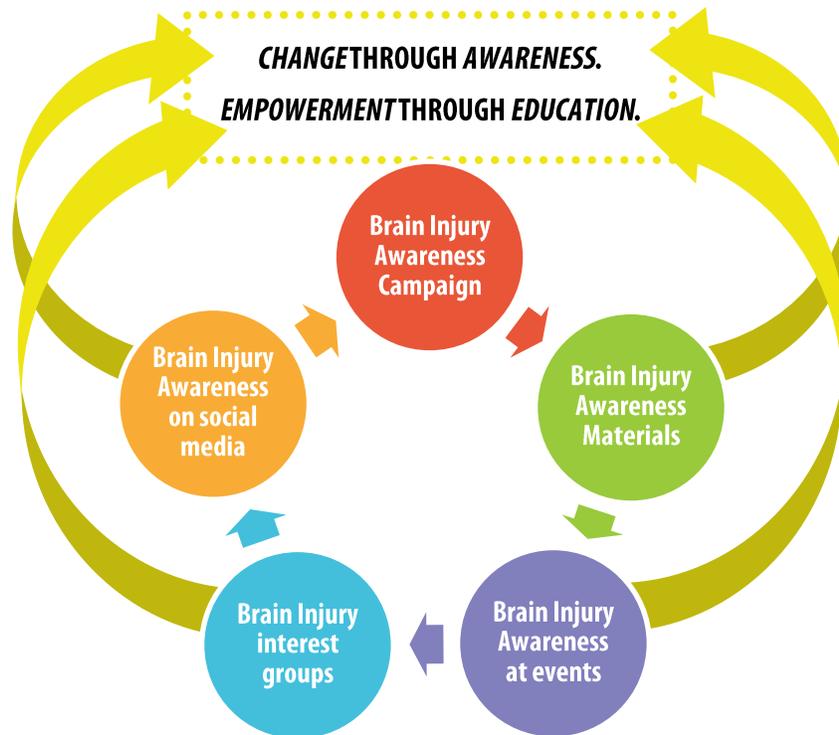


INSPIRE CHANGE.

Become an ambassador for brain injury awareness.



The *March* (and ongoing) *Brain Injury Awareness* campaign seeks to influence individuals across Texas communities to make sustainable changes that reduce the number of brain injuries. Campaign messages influence how Texans prevent brain injuries and how health & human services and support providers care for and support quality of life for individuals living with brain injuries and their families. **Be a brain injury awareness ambassador: Write an article for your local newspaper, be interviewed on your local radio or TV station!**



The continuous broad dissemination of resources i.e. info-graphics, brochures & concussion cards, raises awareness of brain injury, its impact and consequences on individuals, families and communities, and promotes the Office of Acquired Brain Injury as the premier resource for providing brain injury education, awareness, prevention, service coordination and referral information. **Be a brain injury awareness ambassador: Bring brain injury awareness resources to your town's chamber of commerce, Lion's Club, schools, health centers, churches, music or sporting events!**



Participation in health education opportunities raises awareness of brain injury, introduces the Office of Acquired Brain Injury as a resource, and supports brain injury prevention activities i.e. promoting the use of bike helmets and car seats, water safety, fall prevention for seniors, etc. **Be a brain injury awareness ambassador: Host an exhibit table at a community, back to school or campus health fair!**



Collaborative efforts among groups interested in brain injury encourage participation in activities that improve quality of life for Texans living with brain injury and their families in their communities. Local or virtual support groups connect peers around strategies to "get on with life" after brain injury, no matter where they are in their journey of healing and recovery. **Be a brain injury awareness ambassador: Have a call to action and invite others to join you. Start a support group!**



Sharing information on brain injury through social media keeps your networks interested and raises awareness of on-going research, resources and opportunities to lead or join prevention efforts and support persons living with brain injuries' ability to work, play, learn and live in Texas communities. **Be a brain injury awareness ambassador: Share information, blog about it, Tweet about it!**