



**Talk About The WalkAbout!**  
[www.biaf.org/walkabout](http://www.biaf.org/walkabout)



If you want to spread the word, we have information you can use to tell others about WalkAbout Brain Injury.

### **Who Is BIAF?**

Brain Injury Association of Florida, Inc. (BIAF) is Florida's only not for profit organization whose mission is to create a better future for all Floridians with brain injury and their families through awareness, research, prevention, education, support services, and advocacy.

### **Why Brain Injury?**

March is national Brain Injury Awareness Month. Traumatic brain injury (TBI) remains the silent epidemic impacting over 136,000 Florida families each year, with nearly 10,000 of those families left with some type of disabling condition. Education and treatment are critical for families impacted by TBI and families depend on BIAF to remain by their side throughout their journey.

### **What is WalkAbout?**

WalkAbout Brain Injury is BIAF's brand to raise awareness and dollars to support brain injury prevention, treatment and education for Florida families. WalkAbout events are designed to be 1-2 hour, fun-filled, family events. They include vendor tables, food, activities, short program, and a 1 mile (approximate) group walk to conclude the event. Community leaders, local businesses and teams are recognized for their commitment and fundraising efforts. The walk is designed for all ages and abilities. For those who cannot attend a walk event, BIAF offers a "Virtual Walkabout" opportunity where individuals can raise awareness and dollars for BIAF anywhere and anytime throughout the year. To register for any walk, local or virtual, go to [www.biaf.org/walkabout](http://www.biaf.org/walkabout) and follow the link to the walk you'd like to join.

### **Why Participate in WalkAbout?**

March is national Brain Injury Awareness Month. Nationally there are more cases of brain injury than HIV, breast cancer and spinal cord injury combined. Families with soldiers, athletes, toddlers, teenagers and aging parents are effected the most. Even today, brain injury remains the "silent epidemic" disrupting lives and impacting communities. Families impacted by brain injury remain under-recognized and minimally funded. Awareness is key to change the landscape for families impacted by brain injury.