



# Virtual Walkers

[www.biaf.org/walkabout](http://www.biaf.org/walkabout)



## Be Part of the Journey No Matter Where You Live

The Virtual WalkAbout is designed so that you and those you know can walk as part of Brain Injury Association of Florida's (BIAF) WalkAbout campaign and raise awareness about brain injury and BIAF. The WalkAbout begins in March-Brain Injury Awareness Month and can continue throughout the year!

### How to Become a Virtual Walker

- ✓ Register and order a t-shirt free at [www.biaf.org/walkabout](http://www.biaf.org/walkabout).\*
- ✓ Decide if you want to walk individually or set up a team of people to walk with you and have them register and order t-shirts as well.
- ✓ Register as an individual, join a team or start a team.
- ✓ Set up a personal fundraising page after your register. It's easy to create and customize your own personal page. You can add photos, share your story, and e-mail family and friends.

### Virtual Walker Opportunities

- ✓ Take a "selfie" of you and/or your team wearing BIAF's WalkAbout t-shirt
- ✓ Post the photo and share through social media like Facebook, Twitter and Instagram using #walkaboutbraininjury or email to [walkabout@biaf.org](mailto:walkabout@biaf.org)
- ✓ "Like" Brain Injury Association of Florida on Facebook and join the WalkAbout Brain Injury Facebook event page.
- ✓ Follow BIAF on Twitter and keep up with stories from the walk.
- ✓ Follow our progress as the walk comes closer. On walk day, follow #WalkAboutBrainInjury on Twitter and Instagram for event updates!

\*t-shirts available while supplies last!