

Join Us...

The Brain Injury Alliance of Washington (BIAWA) and the Kitsap Support Group welcomes you to the 6th Annual Walk, Run, & Roll for Thought.

This event supports our efforts to increase awareness and improve the quality of life for individuals and families impacted by Brain Injury. For local information go to www.kitsapbraininjury.org



Help Break the Silence...

Every **23 seconds**, one person in the U.S. **sustains** a brain injury

Traumatic Brain Injury (TBI) is a silent yet serious epidemic currently leaving 5.3 million Americans with disabilities. This represents over- 2% of the US population.

Falls are the leading cause of TBI. Rates are highest for children aged 0-4 years and for adults aged 75 years and older.

Every **7 minutes**, someone **dies** of a brain injury. Motor vehicle-traffic injury is the leading cause of TBI-related death. Rates are highest for adults aged 20-24 years.

One death every day and one brain injury **every four minutes** can be **prevented** by the use of helmets in recreational activities, including skiing and biking.

75% of persons with TBI who return to work will lose their job within 90 days if they do not have supports.

The estimated lifetime cost for each survivor of a severe brain injury exceeds \$4 million.

You Make the Difference!

Collect pledges -- pledges help those on their journey of adjustment and healing. We encourage individuals to set a goal of collecting \$100 in pledges.

Register by phone, online, or in person the day of the event. Be sure to indicate the **Kitsap Event**.

Collect pledges to support the cause!
www.biawa.org



Brain Injury Alliance
WASHINGTON

Donations welcomed by phone, mail, or online.

BIAWA is a 501(c)(3) non-profit
(Tax ID 91-1206800)

Brain Injury Alliance of Washington (BIAWA) increases public awareness & gives support and hope for those affected by Brain Injury through education assistance and advocacy. www.biawa.org



Walk, Run, & Roll

FOR THOUGHT

Because Your Mind Matters

2019

Event Details

1 Mile

Saturday, Sept. 07, 2019

Lions Park

251 Lebo Blvd

Bremerton, WA 98310

Check in: 11:30

Ceremony: Noon

Walk Begins: 12:30



Brain Injury Alliance
WASHINGTON

www.biawa.org

Schedule of Events

Check In: 11:30
Ceremony: Noon
Walk, Run, & Roll at 12:30

Lions Park

251 Lebo Blvd
Bremerton, WA 98310

Saturday, Sept 07, 2019



Brain Injury Alliance
WASHINGTON

Register or Donate by Mail: Mail form to BIAWA PO Box 3044, Seattle, WA 98114

On-site Registration: We are so glad you could make it! Registration begins at 11:30am

First Name _____ Last Name _____

Phone Number _____ Email Address _____

Would you like future e-mail updates from us? ___Yes ___No

Mailing Address _____

City _____ State _____ Zip _____

I am participating in honor/memory of _____

This event is Free! If you would like to make a donation to the Kitsap Support Group:

Method of Payment: Cash Enclosed Check Enclosed

Make Checks Payable to: **BIAWA—Kitsap P.O. Box 3044, Seattle, WA 98114**

WAIVER: I hereby waive all claims against Kitsap County Support Group for any injury that I may suffer from my participation in this event. I grant full permission for organizers to use photographs, videotapes, recordings, or any other record of this event in which I may appear for any legitimate reason.

X _____ x _____

Participant Signature _____ Parent/Guardian Signature (if under 18)

Date _____

Break the Silence!

The Kitsap County Support Groups are open to anyone with a brain injury, their caregivers, family members, and loved ones. It is an opportunity to socialize, share experiences, explore healthy coping strategies, and find strength with others. Meetings may consist of a brief presentation covering a selected topic that is relevant to living with brain injury followed by an open discussion and problem solving among the group.

We might be able to help if you feel stuck...

- Navigating the Medical System.
- Developing Education Interventions.
- Finding Legal Help.
- Talking to Loved Ones about Brain Injury.
- Facing Complex Issues Related to Brain Injury.



You are not alone!

Kitsap Support Groups meet in

Silverdale

2nd Thursday of each month from 3:00–4:30pm

Harlow Medical Center, 1780 Myhre Road (flagpole entrance) in the Iris Room

Contact: Janice Woman OTR/L at **360-744-8980**

Bremerton

4th Wednesday of each month from 4:30–6:00pm

St. Paul's Episcopal Church (Main Level Meeting Room) at 700 Callahan Drive, Bremerton

Contact: Janice Woman OTR/L at **360-744-8980**