

**AHEAD FOR THE
FUTURE**



#ThinkAhead

#BIAmonth

INSTRUCTIONS:

1. Write a brief message about your support for traumatic brain injury (TBI) awareness.

Examples:

I am a TBI champion.

I support my TBI champion.

I support those with TBI by connecting them to resources they need.

2. Take a photograph of yourself holding the sign.
3. Post it on your social media networks using **#ThinkAhead** and **#BIAMonth** to raise awareness of TBI in the military.



dvbic.dcoe.mil/aheadforthefuture