



**A HEAD FOR THE  
FUTURE**

Recognize

Prevent

Recover

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# A HEAD FOR THE FUTURE



A Head for the Future, an initiative of the Defense and Veterans Brain Injury Center, raises awareness of signs, symptoms and treatment of traumatic brain injury (TBI) and educates the military community about the importance of preventing brain injuries.

- RECOGNIZE** Know the signs and symptoms
- PREVENT** Protect your head
- RECOVER** Rest and get checked out

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