

## **KINS Community Report – recorded 3/2/2016**

**This is Lorna McLeod from Making Headway Center for Brain Injury Recovery with your KINS Community Comment.**

March is Brain injury Awareness Month. We are reaching out to encourage you to take measures to prevent brain injury. Humboldt County has among the highest rates in the nation in injuries and death from auto accidents. Falls and sports accidents result in many more injuries each year.

Spring is arriving early this year, and people are getting outdoors to hike, climb, sail and river raft. These and other outdoor sports, while exciting and fun, carry risks. Please take care. Wear a helmet where indicated and take other safety measures to protect your head and body.

Spring and summer projects often include ladders. To avoid a fall, make sure the legs are set solidly on a stable base before climbing the ladder.

Making Headway Center is a non-profit organization dedicated to prevention of brain injury and to supporting clients with a brain injury to gain skills to participate fully in their community.

The challenges people with brain injuries experience are many. No two injuries are alike. If you know someone with a brain injury, learn what genuinely supports their wellbeing.

For more information about Making Headway Center or brain injury, visit our web site at [mhwcenter.org](http://mhwcenter.org). That's [mhwcenter.org](http://mhwcenter.org). For brain injury awareness and care, we're making headway!

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