



In this issue:

- Greetings from the Chair
- First Annual 5K Run, Walk & Roll
- BIAM Event
- Heart Healthy Cooking
- Fruit Kebabs with Chocolate Sauce Recipe
- Upcoming Community Meetings
- Upcoming Events
- Call for Volunteers
- Volunteer Board Position Available
- Thank You to Outgoing BIST Directors
- Thank you to the Berehowsky Family
- Celia's Story
- Peer Support Mentoring Program
- Congratulations to Frank Bruno
- Sun Safety
- Toronto Brain Injury Blog

Upcoming Community Meetings:

July 25, 2011
August 22, 2011
September 26, 2011

Upcoming Events:

Summer Picnic
• July 25, 2011

Bowling
• July 12, 2011

BIST First Annual 5K Run, Walk & Roll
• September 24, 2011

Greetings from the Chair

The BIST Board of Directors wishes all BIST members (and those affected by ABI who are not yet members), a very healthy, happy and safe Summer of 2011.

BIST is thrilled to announce that we are fresh off of our most successful Brain Injury Awareness Month since our inception in 2004. The BIST/OBIA Mix and Mingle and the Awareness Month event at Nathan Phillips Square highlighted an incredible month of June for BIST.

The Mix and Mingle event that took place on the evening of Thursday, June 16th was BIST's most successful fundraiser ever. BIST is grateful to all of the generous sponsors and ticket purchasers, led by our lead sponsor for the event, McKellar Structured Settlements. The Board wishes to thank the Mix and Mingle Committee for their tireless fundraising efforts and incredible organization of the event. Our sincere thanks to the Mix and Mingle Committee: Terri Wilcox, Phil Thorpe, Joanne Driscoll, Angel D'Andrea, Danielle Berehowsky, Nick Gurevich, Ellie Lapowich, Greg Neinstein, Grace Leung, Ruth Fernandes, Stefanie Linton, Todd Gottlieb and Darcy Merkur. Special thanks to former NHL player Drake Berehowsky for attending and speaking at the event as well. The proceeds from this event will allow us to increase and improve our programs and services, including: consideration of a second monthly community meeting in a new location, an expansion of our popular caregiver support group, development of new online resources, increase awareness through presence in schools and create a plan to provide teachers who may have kids with ABI with much needed education regarding ABI.

The annual Brain Injury Awareness Month event that took place during the day on Thursday, June 16th at Nathan Phillips Square was also a huge success. With wonderful entertainment and music, plenty of booths for ABI-related businesses/service providers, artists' displays and especially the VIP Survivor tent and survivor stories, and perfect weather, the event made an impact on anyone who walked through the square. New members signed up for BIST and many potential members had an opportunity to learn about ABI and the benefits of BIST. Our sincere thanks to the Awareness Committee: Tonya Flaming, Chris Brown, Colleen Boyce, Darcy Merkur, Edward Shaul, Gary Otsu, Joe Pileggi, Julie Osbelt, Laurie DeOliveira, Marnie Russell and Vivian Ng. The Board would also like to thank the many wonderful BIST volunteers who helped on the day of the event to make sure everything ran smoothly. What a wonderful day June 16, 2011 was for BIST.

BIST is gearing up for our exciting first ever BIST 5km Run/Walk 2011, which will take place on Saturday, September 24, 2011. Details are posted on our website. Participants can sign up individually or in teams.

The Board of Directors encourages all BIST members to attend our monthly community meetings. Our next community meeting is our annual Summer Picnic

on Monday, July 25, 2011, in High Park.

Finally, we encourage all BIST members and potential BIST members to visit our website, www.bist.ca. The website is user friendly and the content is continually updated. The "Upcoming BIST Events" section keeps members updated on important dates and BIST activities. Have a great Summer!

Jonathan M. Burton,

Chair of BIST Board

First Annual 5K Run, Walk & Roll



September 24, 2011

Lace up your running shoes and come support BIST in the First Annual 5 km Run/Walk on Saturday September 24th, 2011 at 10:00 am in Sunnybrook Park.

Did you know:

- If you laid out the CN Tower end to end nine times it would equal 5 km
- Keninisa Bekele from Ethiopia holds the World Record for the Fastest 5 K at a time of 12:37.35

Entry fees:

- \$35 for Individual Runners/Walkers
- \$100 for Teams (4 per/team)

Registration is limited to 250 participants so register early!

Register as a runner/walker or get your family, friends, and/or coworkers together and register as a team at www.bist.ca/run

Fundraising forms can be downloaded at www.bist.ca/run. All proceeds will support BIST's program and services.

For Sponsorship or Volunteer Opportunities call 416-830-1485 or email info@bist.ca



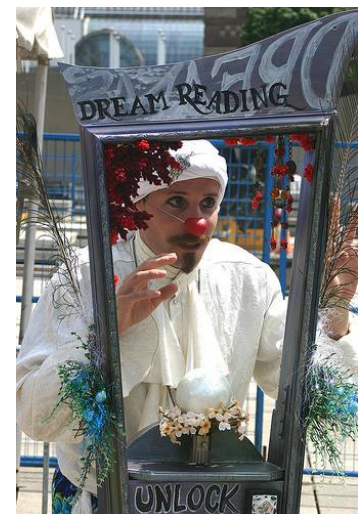
Brain Injury Awareness Month Event

BIST held its 11th Annual brain Injury Awareness Month event on June 16th and it was a huge success. Fantastic weather presided over the event and Nathan Phillips Square was bustling with activity. The theme was Cerebral Circus and colourful Jugglers, Animators, and Stilters mingled and entertained the crowd. Some of BIST's member's showed off their artistic talents at the art display tables and The Jerry Stiff Band kept our toes tapping all day.

A very special thank you to the following volunteers for making this event happen: the BIAM Committee (Tonya Flaming, Colleen Boyce, Chris Brown, Darcy Merkur, Vivian Ng, Julie Osbelt, Gary Otsu, Joe Pileggi, Marnie Russell, Ed Shaul and Laurie DeOliveira), Ken Lanni, Andy Rios (and sister Rose), Judy Phromratsmy, Julie Ly, Kevin Browne, Daniella Comisso (and mother), Patricia Aznar, Paul Shields, Marci Hubbard and the CHIRS Mentors.

We would also like to thanks Tammy Kirkwood and Rob Ashe for sharing their stories in the Survivor VIP tent.

Go to www.bist.ca/photo-gallery to see all the pictures taken by BIST's unofficial photographer Ian Bowles. Thanks Ian for sharing your photos



Heart Healthy Cooking

No matter how much time you have or don't have for cooking, you can make quick and easy heart-healthy meals by following these simple suggestions.

Heart-healthy cooking focuses on lowering your intake of fat, especially saturated and trans fats. It also includes limiting salt while upping fibre and making sure you eat four to 10 servings of vegetables and fruit a day.

What's on your plate?

Start by changing the proportions of your plate so that protein sources such as meat and fish are no longer the main attractions. Instead, fill about half of the plate with a colourful variety of vegetables, a quarter of the plate with whole grains such as brown rice and 100% whole-grain bread. Fish, poultry, lean meat or legumes (chickpeas, lentils, tofu) should make up the remaining one-quarter of the plate.

Slash the fat

Trim all visible fat from meat and take the skin off poultry and fish to reduce fat and calories. Instead of pan-frying or deep-frying, try baking, broiling, grilling or roasting (on a rack, so fat can drip away). Fish may be poached in water, sodium-reduced tomato juice or lower-fat milk. To sauté, use a non-stick pan or a small amount of heart-healthy olive or canola oil.

Double up

If you're sautéing, steaming or boiling a vegetable, it's just as easy to cook two or more in the same pot or pan. If you're making brown rice, cook twice the amount you need so you'll have enough for another meal.

Try smart-switching

Substituting healthy ingredients for less healthy ones won't take any more time and may even save you money. Use plain, lower-fat yogurt instead of sour cream, lower-fat cheese instead of the full-fat type, and evaporated skim milk instead of cream. Cook whole-wheat pasta instead of white. Replace some of the white flour in a recipe with 100% whole-wheat flour.

Shake the salt habit

Instead of salt, spice things up with fresh or dried herbs. Try dill with fish, paprika with chicken or ginger with beef. Lightly sautéed garlic, onions and sweet red peppers add flavour as well as assorted nutrients that promote good health.

Get heart-healthy recipe ideas from www.heartandstroke.ca/recipes

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Fruit Kebabs with Chocolate Sauce

Here is a fun summer treat for after dinner! Get kids to help create small skewers of fruit to have with the chocolate sauce. Either drizzle the sauce over the fruit, or have small bowls for the kids to dip into, or spoon out some of the sauce on their plates to enjoy without double dipping!

Prep time: 5min | Cook time: 1min | Servings: 16 skewers | Yield: Chocolate sauce: 175 mL (3/4 cup)

Ingredients:

- 8 fresh strawberries, halved
- 20 large fresh raspberries or blueberries
- 2 bananas, peeled and cut into 8 pieces each

Dark chocolate dipping sauce:

- 125 mL (1/2 cup) 1% milk
- 125 g (4 oz) bittersweet chocolate, finely chopped
- 2 mL (1/2 tsp) vanilla



Directions

1. Pierce fruit onto small skewers alternating fruit.
2. In small saucepan, heat milk over medium heat until steaming. Whisk in chocolate and vanilla until chocolate is melted and smooth.
3. Serve with fruit.

Tip: To keep chocolate sauce warm pour it into a fondue pot over a very low flame. Refrigerate any leftovers and rewarm in microwave to serve. Substitute chopped pitted peaches, nectarines and plums in season for the other fruit as well.

Per serving (1 skewer with 10 mL/1 tsp of sauce)

- Calories: 59
- Protein: 1 g
- Total fat: 4 g
- Saturated fat: 2 g
- Cholesterol: 0 mg
- Carbohydrate: 8 g
- Fibre: 1 g
- Sugar: 5 g
- Sodium: 9 mg
- Potassium: 107 mg

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Upcoming Community Meetings

Date: Monday July 25th, 6:00 pm - 8:00 pm

Focus: BIST Summer Picnic

Location: High Park (more details under Upcoming Events)

Date: Monday August 22nd, 6:00 pm - 8:00 pm

Focus: Public Speaking

Focus: Looking to improve your speaking and leadership skills? Toastmasters may be what you are looking for!

Guest Speaker: Beth Grey

Location: Northern District Library- 40 Orchard View Blvd, Room 200 (2nd Floor)

Date: Monday September 26th, 6:00 pm - 8:00 pm

Focus: Annual General Meeting

Location: Northern District Library- 40 Orchard View Blvd, Room 200 (2nd Floor)

Upcoming Events

Summer Night in the Park

Date: Monday July 25th, 2011

Time: 5:30pm – 8:00pm

* Note at 4:30 there will be a walk through the park taking place.

Location: High Park – Picnic Site # 3 (Same as last year)

* Please let Kat know if you are going to be attending a) the picnic and b) the hike. I want to make sure we have enough food.

RAIN PLAN: Should this be a wet and stormy day this event with its activities will be taking place at our usual meeting place which is Northern District Library, 40 Orchard View Blvd. starting at 5:30. Contact Kat to check in about this on the day of the event.

Bowling

If you're looking for a fun afternoon with friends from BIST this is a good opportunity.

BIST will be holding another Bowling afternoon at the Thorncliffe Bowlerama on Tuesday July 12th, 12:30 – 3:00pm. If have any questions and /or are interested in participating please contact Kat Powell, BIST Programs and Services Coordinator at: (647)990-1485 or by e-mail at connections@bist.ca

Location: Thorncliffe Bowlerama,
East York Town Centre
45 Overlea Blvd.
416-421-2211

Note: Thorncliffe Bowlerama is wheelchair accessible

Price: \$8.50 (for two games of bowling)

For more information about the programs and events listed above please visit the BIST website at www.bist.ca and/or contact Kat Powell at connections@bist.ca or 647-990-1485.

Call for Volunteers

We are looking for dedicated volunteers to help BIST develop and launch new programs, plan and host exciting new events this year, and enhance our awareness campaigns.

If you are able to commit your time and your passion to this worthy cause and if you are interested in any of the following opportunities please plan to attend the August 22nd, 2011 BIST Community Meeting to find out more about volunteering with BIST or contact BIST at info@bist.ca or by calling 416-830-1485.

Someone from the volunteer committee will be in touch and will help you find the right fit for you and for BIST.

Current Opportunities:

1. **Join the Fund Raising Committee** to help develop a new fund raising strategy for 2011/12. The committee will be researching new fund raising opportunities and identify best practices to guide its ongoing work. You will need to have experience with fund development and be able to work with the team to build on the successful initiatives already underway and seek new opportunities to support BIST's continued growth.
2. **Brain Injury Awareness Committee** to help plan and execute the annual brain injury awareness month event, as well as other awareness initiatives. Currently, this Committee is looking for a survivor representative only. You will be required to actively participate in monthly committee meetings (if needed, you are welcome to bring your own support to help you maximize your participation), and to lead the survivor initiatives that support the Awareness Event. This would include attending some BIST Monthly Community Meetings to network and recruit volunteers, to co-lead various planning meetings around the initiatives, and to present and promote event details as appropriate, recruiting interest and participation of survivor groups.
3. **BIST's First Annual 5 KM Run/Walk/Roll.** BIST is hosting its first annual Run/Walk/Roll on September 24, 2011 and will need lots of volunteers to make the event run smoothly and to ensure everyone has a great time.
4. **Develop and Facilitate Personal Development Workshops** as part of a session of 9 workshops on topics such as returning to work, managing relationships, etc. You will be responsible to develop and deliver a 2-2.5 hour workshop for adults with an acquired brain injury. You will need to have experience facilitating workshops, working with individuals with special needs, and have knowledge of programs and services available in the community for participants to access to gain further assistance or information.
5. **Join the Program and Services Committee** to assist with developing, planning, implementing, overseeing the programs & services that BIST offers to its members.
6. **Join the Volunteer Committee to assist** with recruiting and retaining the many volunteers that the organization needs to run its programs and services

Additional volunteer opportunities are expected soon so please visit the 'Volunteer Opportunities' page of our website <http://www.bist.ca/> often to find the right opportunity for you to use your skills. In addition, we are open to new ideas. If you see a role for yourself with BIST but don't see it listed above, please feel free to contact us about your idea.

We expect you will find this a rewarding and meaningful experience and hope that

you will gain as much from volunteering with BIST as we will from your involvement and support.

Volunteer Board Position Available

BIST is looking for passionate skilled individuals with board experience to join our Board of Directors.

BIST is working to serve the needs of a diverse community and we require additions to our Board composition to support our continued growth and to reflect the diversity and breadth of our community.

The Board is responsible for all of the activities and governance of BIST, including fund-raising, financial management, strategic planning, community relations, and the programs and services offered to the community. There are four Executive positions on the Board: Chair, Vice Chair, Secretary, and Treasurer who are elected by the Board from among the serving Board Members. We ask that Board members serve a minimum of a three-year term.

Directors meet monthly and usually sit on at least one subcommittee dealing with a specific aspect of the BIST's activities. This is a working Board and Directors are expected to commit approximately 10 hours per month to these activities.

The BIST Board invites applications from individuals who have knowledge, skills, expertise and passion in one or more of the following areas:

- Personal experience with ABI as a survivor
- Media Relations
- Clinicians with ABI expertise
- Lawyers / other professionals

Successful applicants will demonstrate a skill set that fits with the mandate of the Board, fills current gaps in expertise within the Board and an ability to work collaboratively and effectively with fellow Board members to support the continued growth of the organization.

If you are interested in learning more about this dynamic opportunity, please contact BIST info@bist.ca or call 416-830-1485 for an information package and application form.

Thank you to Outgoing BIST Directors

All BIST members, including the Board Members who are continuing their terms into 2011-2012, would like to offer our sincere heartfelt thanks to this year's outgoing Board members:

Gary Gerber

Greg Noack
Todd Gottlieb
Joseph Campisi

Thank you Gary, Greg, Todd and Joseph for all of your hard work and dedication to this wonderful organization. While you are no longer on the Board, all BIST members look forward to seeing you at community meetings and other programs, services and events in the years to come.

The Berehowsky Family

BIST would like to extend our sincere sympathies to the Berehowsky Family for the loss of their mother Merike in April 2011. We would also like to thank Danielle, Darren and Drake for choosing BIST for donations in honour of their beloved mother. These donations will go a long way in helping deliver our programs and services. Our thoughts are with the family during this difficult time.

Celia's Story

Somewhere between being struck by a car and the ambulance ride to the hospital, I seem to have lost my life and who I was. The past 4 ½ years have been dedicated to putting me back together – unlike a bookcase from IKEA after its assembled, there are no extra parts – but missing pieces.

My Story ... It all starts somewhere

On October 28, 2006, my day started out like most Saturdays; wake –up, chat on phone with friends, plan the day. The day would go something like this; run some errands, early afternoon meet Elsa for coffee at Timothy's Cafe, [then home to relax and change into my favorite designer jeans, new pale pink cashmere sweater set, accessorized with tan leather and suede patch work Steve Madden boots, tan Cole Han handbag and a stylish white check pea coat] followed by late-afternoon meet with Janice for a quick girl's catch up at Sassafraza in Yorkville, before heading to my friend Rogner's for dinner, to celebrate a mutual friend's birthday.

The day went pretty much as planned. I made it to Rogner's sort of...

As I attempted to open my eyes, the light was blinding ... I didn't recognize my surroundings. Was I dreaming? I tried to focus ... "she's awake" I heard someone say– then a flurry of questions from all directions. My head, my body felt like it had gone through a meat grinder. Where was I? "you have been in a terrible accident, you are going to be ok" I heard a voice, a familiar voice, my sister – what was she doing here and where was I? What accident?

Over the next few days, I would learn, I had been struck by a car while crossing the street to Rogner's house; that I had suffered serious life threatening internal injuries; had multiple broken bones; my right elbow was destroyed; sustained a brain injury; had received over 54 units of blood, been given a trial drug- had not been expected to live; the list of injuries went on and on; and that it was the end of November.

The next few months would become a blur as I went through various rehabilitation processes. I had to learn to speak, eat, walk and my head (thoughts) was not cooperating – it was difficult to recall things and usually what I wanted to say was not what came out of my mouth.

Returning to my home, it felt strange like I no longer belonged there. The person in the mirror was a stranger to me. My voice had lost its pitch, clothes did not fit, I had to depend on others for most of my basic needs – showering, dressing, eating and sometimes using the facilities. A whole new team of people was hired to provide on-going care and the rehabilitation I required.

The past couple of years I have underwent various surgeries – I now have an artificial right elbow to compliment the steel bars and screws in my right forearm.

In a blink of an eye, I went from a completely independent, physically fit, career-driven, adventurous, fashionista, social person to someone who was completely dependent on others, pajama wearing, with-drawn home body. There were some break through moments – when I thought I could beat this and I would push myself, only to be beaten by exhaustion, pain and frustration. As weeks turned to months and months turned to years, the pain and torment at the loss of me pre-accident did not lessen, at times it seemed even more painful than the physical pain I deal with every day.

I stand before you 4 ½ years post accident; wishing I had a magic wand that I could wave and make your life the way it was before it took that inconvenient detour, because that would mean that I would have my life back too!

What I do have is the ability to say I have been there, I'm still there and at times I still find myself grieving for a life I had lived and the me I was. I can also share with you things I have learned through this experience; Contrary to myth, most disabilities are not apparent to the untrained eye – making a brain injury effectively known as an "invisible disability".

A Brain Injury affects everyone differently. For me personally - In the beginning my speech was like that of a child and the words that were in my head usually were not the words that came out when I spoke. It continues to be very frustrating to be aware of a deficiency in my speech –pitch, vocabulary, speaking style – and not be able to correct it- It does not matter that others may not realize this, I realize it. The energy that it takes to focus, concentrate and try to communicate effectively is most of the times overwhelming; leaving me exhausted and frustrated.

Loud areas, multiple people conversing, and excessive background noise make it nearly impossible to remain composed. My head starts spinning like an out of balance machine, on spin cycle with no off button. I have to remove myself from these situations ~ something that took me a long time to realize - these were triggers for other things.

Sometimes I push myself to participate in social activities – like when we went to watch a Raptor game - Mr. G was so excited to have Platinum tickets and was so looking forward to taking me. Not wanting to disappoint him, I agreed to attend. As soon as we entered the ACC – the excitement from the fans in the concession areas started to overpower me, I had to retreat to our seats and remove myself from the area, leaving Mr. G in the jersey shop. During the game, the cheering and booing from the fans and the activity of the game kept me on pins and needles. I managed to get through the game and seeing Mr. G happy that we had

shared this moment together, was worth the anxiety I felt inside and next two days of bed rest.

My attention span is at times is very limited, and I am easily distracted. This became more apparent of a problem when Mr. G started finding pots at the "boiled dry" state on the stove; while me without a care or thought was chatting on the phone; or outside with one of our doggies. Now, I only use the stove when someone is around. Uggg More loss of independence. Being easily distracted means that it takes me more effort, energy to stay focused. It also affects many areas of life such as needing someone (usually Mr. G.) to remind me about simple everyday things like eating, grooming and at times choices in dressing.

For anyone who has an invisible disability life becomes even more challenging, as people often do not give you the help you need. Like the seat on crowded public transit; the help you need in a fitting room; making sure you remember to eat; feed the family pet; make sure you don't over exert yourself; offer to accompany you shopping; or just offer to come over to sit and keep you company.

Then there is the added anxiety: the seats on public transit that are for disabled or elderly are a wonderful idea, but if someone who looks 'normal' sits in them they worry in case an obviously disabled person gets on the bus/subway.

Even though they have a Legal Accessible parking permit – parking in an Accessible parking spot and the reaction some people give them can be just as painful as the reason why use of such a spot is required.

Just because you see someone at the grocery store pushing a cart, don't assume that they're not being truthful about being disabled. For all you really know, after making a short trip to the store, they may be flat on their back when they get home, and in a considerable amount of discomfort.

Or just because someone is having a "good day" and has managed to dress themselves stylishly – don't assume they're really not injured – Fashionistas are not exempt from Brain Injuries or physical challenges. You can't "see" the disability of a person who has depression, anxiety, fibromyalgia or migraines - an invisible disability cannot be seen, but it does exist!

I may not be ready to climb back on my heels like I use to, but to move forward I must find the strength to close the chapter of my pre-accident life and embrace the process of creating a new life. By sharing my struggles, and triumphs, I hope to inspire anyone who is going through a life changing experience to keep going, to not give up (myself included). For those who live with or know someone who is going through a life changing experience, I hope to give you some insight into the world of the Invisible Challenges they face trying to accept what has happened to them, create a new life; discovering the person they are now or the body they now have; and most important learning to live again.

Celia is a member of BIST and we thank her for sharing her story. For more Survivor Stories please visit www.bist.ca/survivor-stories. You can also submit your own story to info@bist.ca.

Peer Support Mentoring Program

The Peer Support Mentoring Program for People Living with ABI (the first shared activity of OBIAs' Community Support Network), connects an individual who is a "veteran" of a life experience involving Acquired Brain Injury (the "Mentor") with a "Partner" who is coping with a similar ABI-related situation and is in need of support from a knowledgeable friend. Both Mentors and Partners can be survivors, unpaid caregivers or family members. All Mentors will be trained before being matched with Partners through training materials that have been developed and will be provided for that purpose. The role of the Mentor is to provide support, share information and resources with Partners who are coping with a similar ABI-related situation. These situations may occur at various points post injury. Mentor/Partner matches are based on similar experiences and/or demographics and personal interests. Most of the mentoring will be conducted over the telephone (some by e-mail), making it possible for anyone in Ontario to participate. The Ontario Neurotrauma Foundation has agreed to develop and oversee the program evaluation for this program.

We are currently recruiting Mentors for the Fall training Session.

For further information, or if you are interested in becoming a mentor or partner, please contact Kat Powell the Peer Support Coordinator for GTA. connections@bist.ca or 647-990-1485.

Congratulations!

A big congratulations on behalf of BIST to Frank Bruno for being selected as April Story of the Month for Thompson Rogers' 75th Anniversary Story Contest. A donation will be made by Thompson Rogers to BIST in honour of Frank. Read Frank's Story at www.bist.ca/survivor-stories.

Submit your story at www.thomsonrogers.com/stories and if you're selected as a winner, a donation will be made in your honour to BIST.

Sun Safety

Before you head for the beach, the park or even the back-yard, take a few minutes to learn about sun safety. You can protect your family and still have fun under the sun. This advice applies to everyone regardless of age or ethnicity.

- Avoid needless exposure to the sun.
- Protect your eyes by wearing UV blocking sunglasses.
- Select shaded areas for outdoor activities.
- Clothing such as a broad brimmed hat, long-sleeved shirt, and long pants can protect your skin. Tuck a handkerchief under the back of your hat to help prevent sunburn on the neck.
- If you can't cover up, use a sunscreen containing a Sun Protection Factor (SPF) of at least 15, verify it has both UVA and UVB protection, re-apply every two hours and after sweating or swimming.
- Avoid using sun lamps.
- Some medication can make skin more sensitive to UV rays, consult your

doctor if you have any questions.

- Don't let infants or children play or sleep in the sun in a playpen, carriage, stroller, etc.
- Get children used to wearing sunscreen lotion, paying particular attention to the most exposed parts - the lips, face, neck, shoulders, back, knees and tops of feet.
- People can use both sunscreen and insect repellents when they are outdoors to protect their health. Follow the instructions on the package for proper applications of each product. Apply the sunscreen first, followed by the insect repellent.

Health Canada: Safe Summer Fun www.hc-sc.gc.ca

Toronto Brain Injury Blog

www.torontobraininjuryblog.wordpress.com

BIST has a blog! Subscribe to receive the latest news, upcoming events and other great information delivered right to your inbox.

Feel free to send submissions to info@bist.ca

Open Call for Submissions

Have any story ideas or submissions for the newsletter? Please send contributions to newsletter@bist.ca

Contact Us:
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First Annual 5K Run, Walk & Roll

BIST

Brain Injury Society of Toronto



September 24, 2011

Race Time: 10:00 am

Sunnybrook Park

Entry fees:

- \$35 for Individual Runners/Walkers
- \$100 for Teams (4 per/team)

Registration is limited to 250 participants so register early!

Register as a runner/walker or get your family, friends, and/or coworkers together and register as a team at www.bist.ca/run

For sponsorship and volunteer opportunities call 416-830-1485 or email info@bist.ca



PRIZES

Fastest Female

Fastest Male

Top Individual Fundraiser

Top Team Fundraiser

All proceeds will support BIST's program and services

Package Pickup Information

- Friday, September 23, 2011 4:00pm - 8:00pm Running Room 2629 Yonge Street Toronto, ON M4P 2J6
Ph: (416) 322-7100
- Saturday, September 24, 2011 (Race Day) 7:30am—9:30am Sunnybrook Park

For more information including directions, course map, event details and fundraising forms, please visit www.bist.ca/run