



How Did I Get Here?

Today's Takeaways

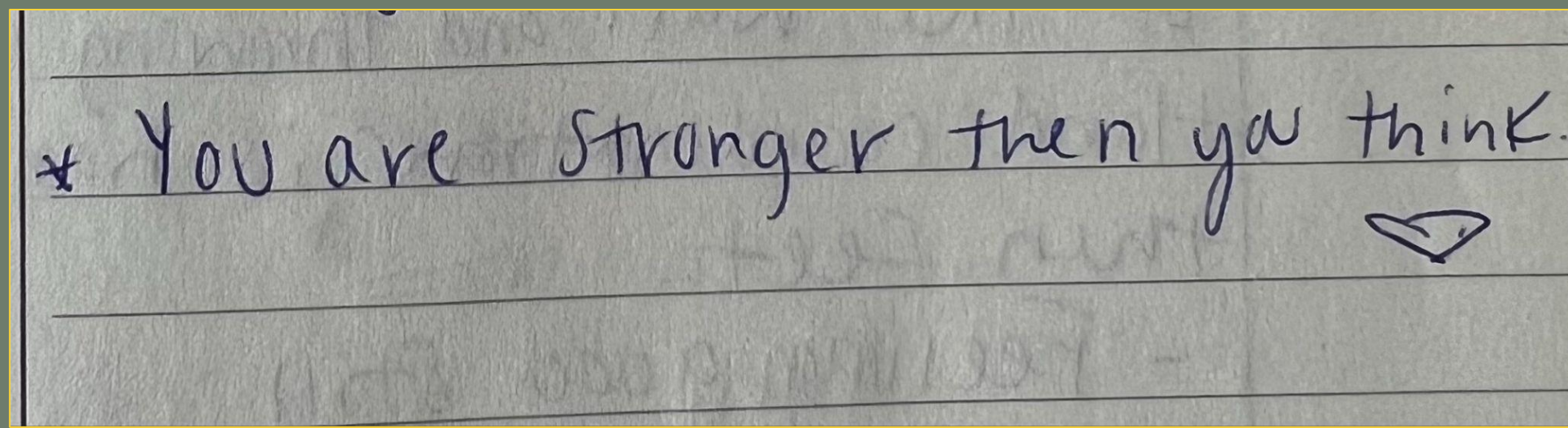
- **Grit & Resilience**
- **Silver Linings**
- **You Are Not Alone**

MOVIE TIME



Grit & Resilience

- Grit is passion and perseverance for very long term goals. Grit is having stamina and sticking with your future.



- Resilience is the capacity to withstand or to recover quickly from difficulties; toughness day in and day out.

notes

2017 Trick List

Rails

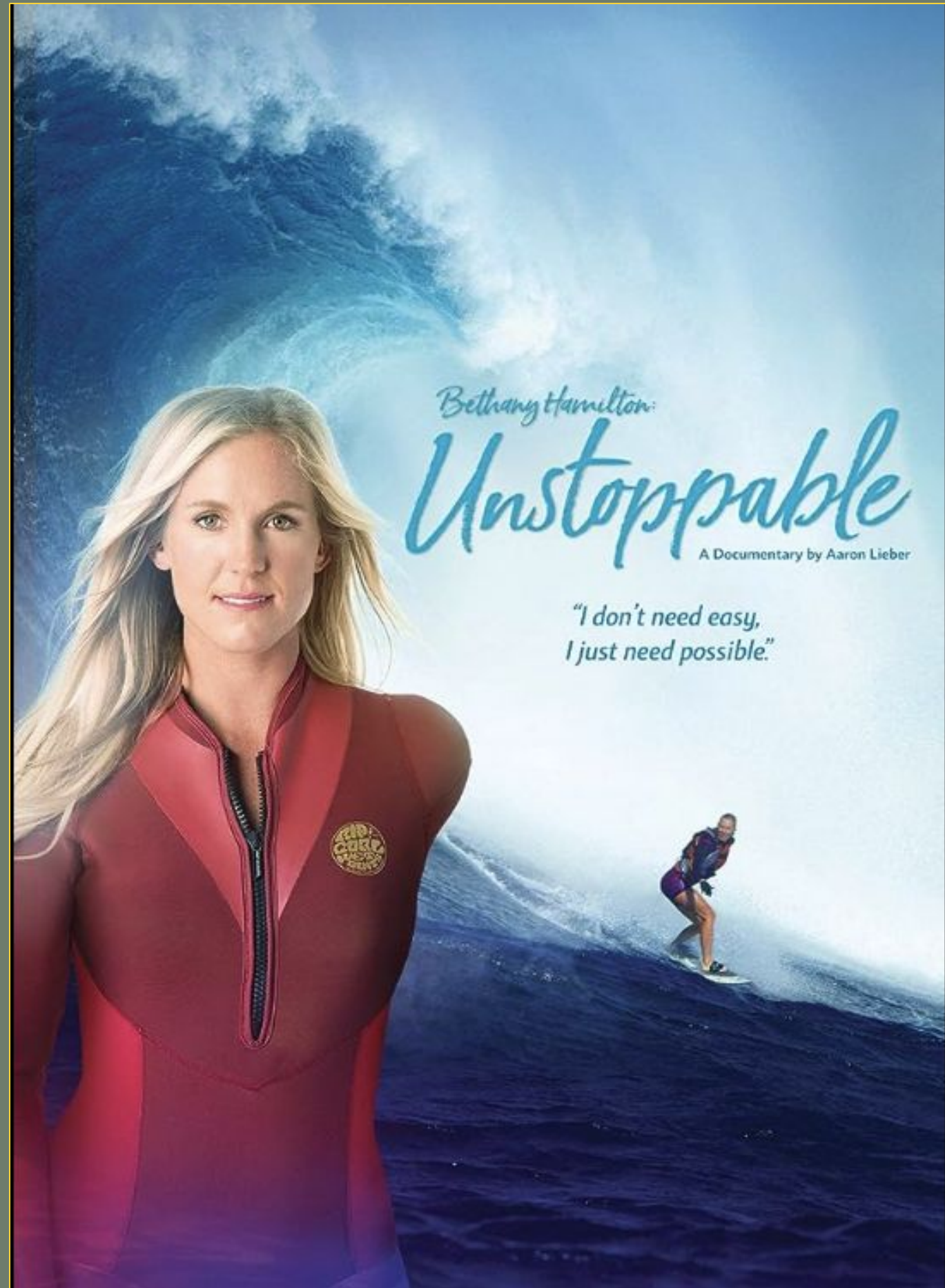
- cab 270
- cab 270 bringback
- front board
- back board
- tail 270
- Switch front blunt 270
- front 1 on
- boardslide a kink
- layback on rail
- half cab
- half cab nose
- half cab tail
- back 1 on
- cab 1, back 3
- Switch boardslide
- front lip
- 270 on, 270 out
- back 3 out

Jumps

- back 360
- front 360
- cab 360
- grab w/ spins
- smooth back 1
- cab 5
- back 5
- cab underflip
- backflip
- Switch back 1

- * Have fun
- * Believe in yourself

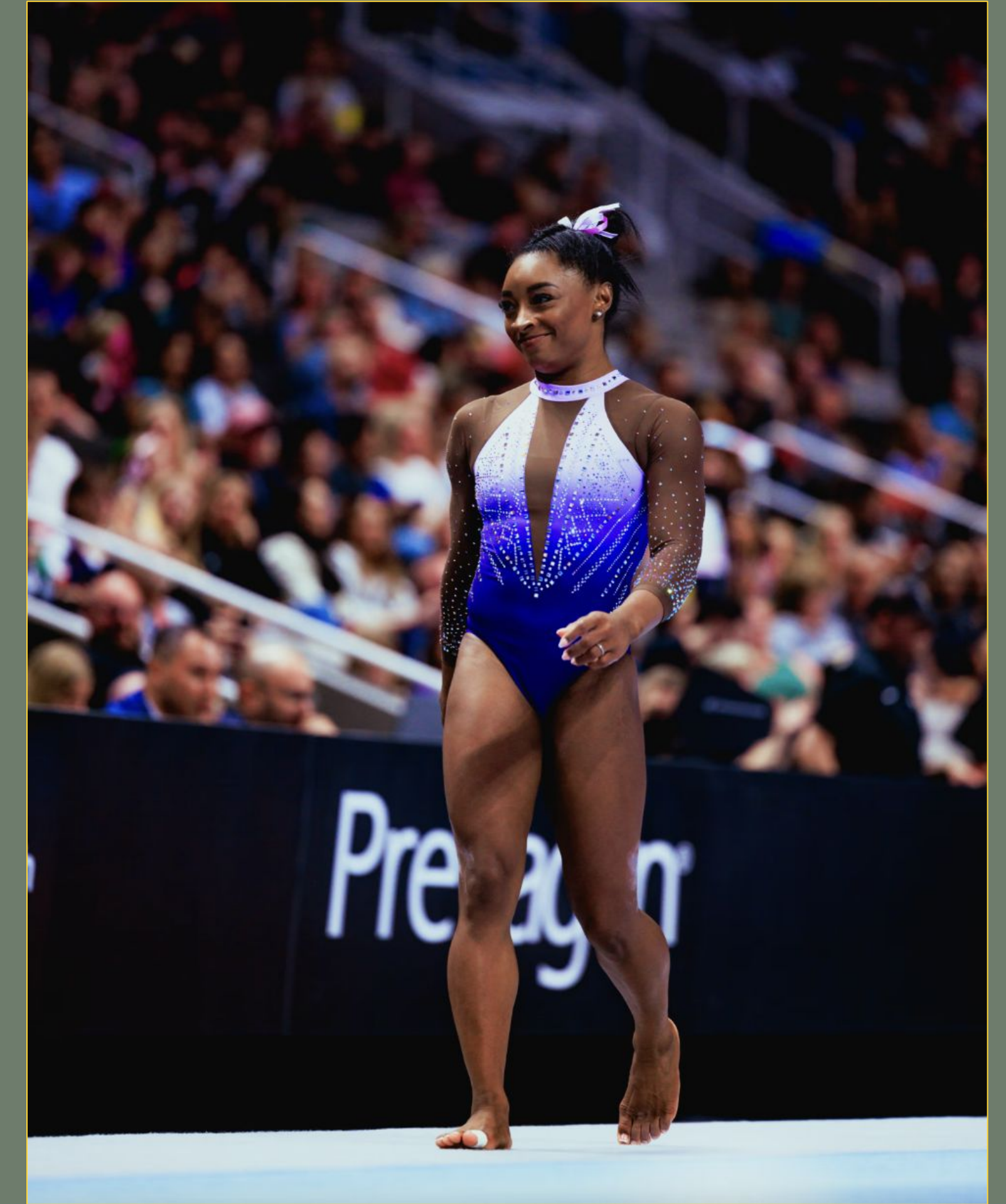
Silver Linings



Bigger stage to show what resilience looks like



Awareness, advocacy for TBI



Global advocate for mental health



You Are Not Alone

“Asking for [and accepting] help is not giving up. It is refusing to give up.” – Oscar winner Charlie Mackesy



Resources



Support



Education



HAPPY HELMETS

Happy Helmets is a give-back program where we donate new helmets to local charities, schools and youth programs.

BLAIR THE BRAIN

Blair is a gender-neutral character used to discuss difficult topics and make learning more fun, digestible and engaging.

INTENTIONAL EATING

This online series explores brain-healthy foods as well as recipes to promote brain health.



THANK YOU for your time & consideration



SAVE A BRAIN



CONNECT WITH US

Social: @saveabrain & @kelseyboyer

Website: www.saveabraininc.com