

## Brain Matters

**Brain Matters is an outreach group led by teens and young adults who mentor younger individuals on brain health.**

Mentors have personal experience with concussions, and are passionate about helping younger students stay healthy.

Brain Matters meets once a month to discuss concussion topics and plan outreach projects.

### **Who can join our group?**

All youth:

- Whose lives have been impacted by concussions and symptoms of concussion
- Who want to share their stories and meet others with similar experiences
- Who are excited to use their experience for concussion advocacy and outreach
- Who inspire others



**Want to join?**

**email** [brainmatters@ohsu.edu](mailto:brainmatters@ohsu.edu)

