

WHERE CAN YOU SHARE THIS INFORMATION

Be an agent for change in the brain health revolution by sharing what you've learned in this 6-week challenge with the people around you. Here are some of the places where you can spread the word.

Social Media

Share this information on all your social media feeds—Facebook, Instagram, Snapchat, Twitter, Youtube, and more. Let your friends and followers know how brain health has enhanced your life. Post a video, share our blogs, and share links to the Brain Warrior's Way podcasts.

Home

By making changes in your own home, you can influence your friends and family—your spouse, parents, children, siblings, and others.

Work

Encouraging brain health at work can help you produce a more positive, productive environment where everyone is happier, less stressed, and primed for success.

School

Introducing brain health concepts at school means students can learn more efficiently and everyone can get along better with others.

Church

Getting religious leaders on board with brain health can be a powerful first step in helping people live more purposeful, meaningful lives.

Clubs & Organizations

Making brain health a foundation of the clubs and organizations you belong to sets them up to achieve their mission more easily.

Anywhere People Gather

Spread the word wherever people gather to help end mental illness with a revolution in brain health.

