

Preventing Traumatic Brain Injuries in Our Community

Every year, we see traumatic brain injuries that could have been prevented or lessened if a properly fitted helmet had been worn by the injured.



Mercy Regional Medical Center's Gray Matters Helmet Program

Mercy Regional Medical Center is dedicated to promoting health and wellness through injury prevention. The goal of Mercy's *Gray Matters* helmet program is to increase helmet usage in the community— especially among children and young adults who participate in sports that have a risk of traumatic brain injury.

The program has three primary strategies:

1. To educate the community about traumatic brain injuries
2. To encourage people to wear helmets while participating in their favorite sports
3. To distribute free sports helmets to those who need but can't get them for financial or other reasons

Mercy Health Foundation is raising funds that will support this important program. For more information about how you can make a difference by contributing to this program, please contact Mercy Health Foundation at (970) 764-2800.