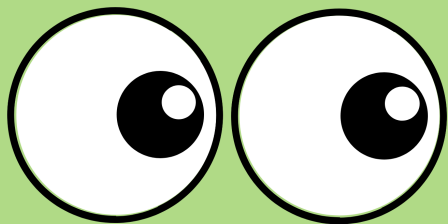




# Brain Injury Association of Waterloo Wellington

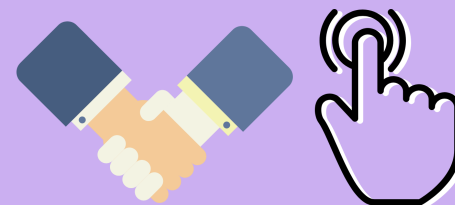
## Brain Education Program



**SIGHT**



**SOUND**



**TOUCH**



**SMELL**

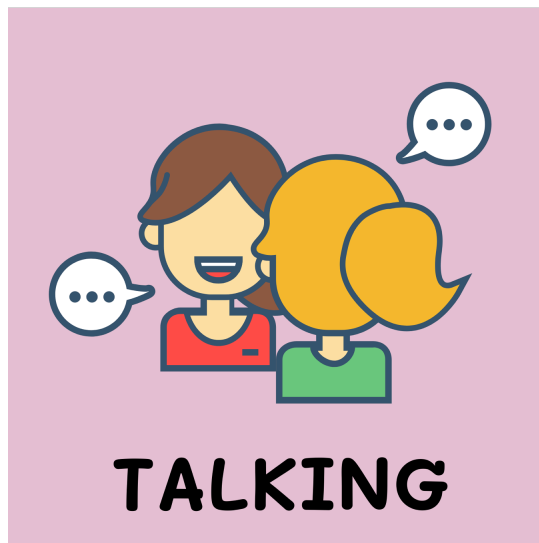
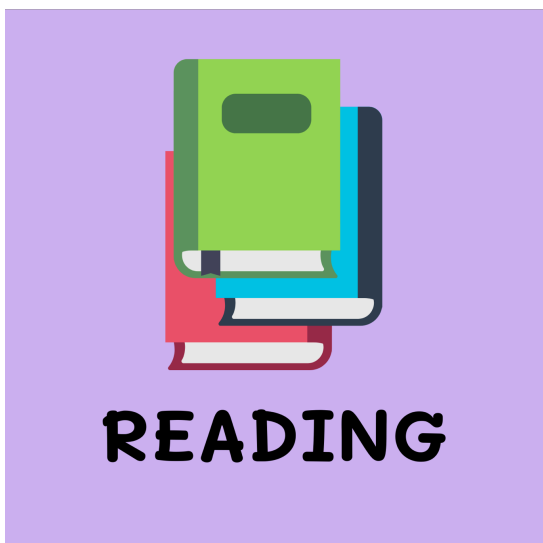


**TASTE**



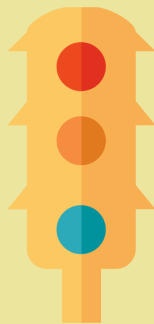
# Brain Injury Association of Waterloo Wellington

## Brain Education Program





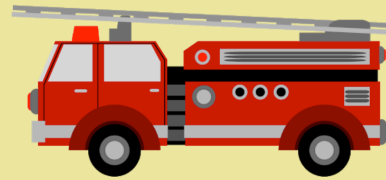
# Brain Injury Association of Waterloo Wellington Brain Education Program



**SAFETY**

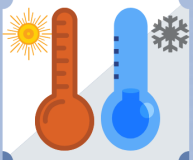


**SAFETY**



**SAFETY**

## There are 4 types of touch



**TEMPERATURE**



**VIBRATION**



**PAIN**



**PRESSURE**

## There are 4 types of taste



**SWEET**



**SOUR**



**SALTY**



**BITTER**



# Brain Injury Association of Waterloo Wellington

## Brain Education Program

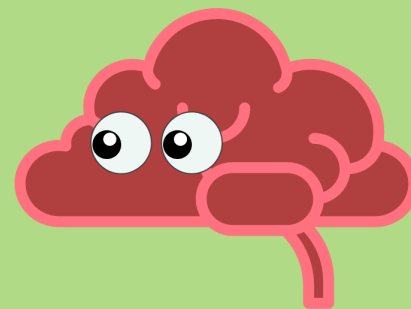
### HOW CAN WE KEEP OUR BRAIN HEALTHY?

SLEEP	READING	EXERCISE	DRINKING WATER	HEALTHY FOOD

**? HOW CAN WE PROTECT OUR BRAIN?**

**BY WEARING A HELMET**

# YOUR BRAIN IS IMPORTANT



# FOR ALL FIVE SENSES