

# Ten Ways You Can Become a Brain Advocate

**Stay informed on the brain.** Read articles and books and watch science programs that discuss new advances in brain research.

**Participate in Brain Awareness Week.** Search for an event in your area or find out how to get involved as a partner in the campaign at [www.brainawareness.org](http://www.brainawareness.org).

**Spread the word.** Let your friends, neighbors, and co-workers know how important you think brain research is to you and your community. If you are a parent, encourage your children's schools to incorporate the brain into the classroom. Find resources on the Dana Foundation's [Resources for Educators](#) page.

**Use social media.** Connect with the [Dana Foundation](#) and other like-minded organizations and share brain research updates with your friends and family on social media platforms.

**Contact your representatives** to share information on important advances in brain research with them. Don't assume that they are up to date in their knowledge. If you think an article or piece of information about the brain is interesting, it is likely they will, too. Find your representatives at [www.house.gov](http://www.house.gov).

**Donate your time and support** to the organizations or advocacy groups of your choice.

**Support local colleges and universities** that have active teaching and research programs in neuroscience.

**Alert the media.** Write to newspapers and broadcasters to let them know that you appreciate their coverage of the brain. Or, contact local media outlets to encourage increased coverage on the brain. Letters to the editor and opinion pieces are very effective ways of sharing your views.

**Participate in a clinical trial.** Scientists learn from studies about how normal brains function. Search the National Institutes of Health's listing of trials at [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

**Be a role model** by living a brain-healthy life. Learn more on the Dana Foundation's [Successful Aging & Your Brain](#) page.

## Contact us:

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