

## Michael Healy Rae urges cyclists to 'Mind Your Heads'

*1<sup>st</sup> March 2010:* Kerry Councillor Michael Healy Rae swapped his trademark cap for a stylish cycling helmet to raise awareness of the importance of wearing protective headgear in preventing head and brain injuries. The safety message comes ahead of Brain Awareness Week which runs from 8<sup>th</sup> – 14<sup>th</sup> March 2010.

Michael Healy Rae is supporting Acquired Brain Injury Ireland's Mind your Head campaign, which aims to highlight the importance of wearing protective headgear while taking part in everyday activities.

Speaking of the campaign, Michael Healy Rae said "This is a very important message for children and adults alike. Everyone needs to protect their head and the best way to do that is to wear a safety helmet – a simple act which can prevent serious injury. So think safety and wear a helmet!"

Brain Awareness Week is an initiative which aims to increase public awareness of brain and mind disorders and highlight the challenges faced by people living with neurological conditions in Ireland.

Pictured are (l-r) Lucia Power, Regional Manager with Acquired Brain Injury Ireland & Kerry Councillor Michael Healy Rae.

