

Acquired Brain Injury Ireland: Woof Walkers 2025 **(<https://www.activelink.ie/node/115328>)**



Walk a Mile a Day for Brain Injury Awareness!

May 2025

This May, join us in walking your dog a mile a day to raise funds for **Acquired Brain Injury Ireland** and support brain injury survivors.

Dogs have an incredible ability to connect with people, especially those with brain injuries. Whether it's their calming presence, unconditional love, or the simple joy of a walk, dogs provide so much more than companionship.

Why it matters:

1. **Physical and Mental Health Boost:** Walking your dog every day improves brain function and overall well-being. It releases endorphins, reduces stress, and enhances mood.
2. **Bonding with Dogs:** Interacting with dogs can lower cortisol (stress hormone) and boost oxytocin, serotonin, and dopamine—natural mood lifters!
3. **Positive Impact on Brain Injury Survivors:** Our persons served have experienced the calming and grounding benefits of dogs, which foster connections and reduce stress.

Whether it's the routine of walking or simply spending time with a dog, studies show pets are essential for mental and emotional health.

Register Now (<https://www.idonate.ie/forms/c/WoofWalkers2025>)

Region

Nationwide

Register Now (<https://www.abiireland.ie/events/woof-walkers-2025/>)

Date Entered/Updated

29th Apr, 2025

Expiry Date

31st May, 2025

