

# BE SELF CARE AWARE: Prevent Spinal Cord Injury



**RISK** : **Recognize** **Inform** **Secure** **Know**

Be Your Own *Injury Detective*



**Can make a difference!!**

**The Spirit of One, The Power of Many....**

Yes, We Can and We Have To...

Sonal Khurana  
(Rehab., ISIC)