

ONE FOOT AFTER THE OTHER



BIA Otago is so proud to support Amy Telfer Chiles as she challenges herself by walking the Central Otago Rail Trail this November.

Amy will walk 152km over 12 days which sounds tough. It is even more so for Amy who lives with a brain injury she sustained in a car crash 25 years ago. Amy will be battling fatigue and balance issues during her 12-day walk both long term effects from brain injury.

Amy is generously donating all funds she raises from her walk to Brain Injury Association Otago. BIA Otago is an organisation that provides advocacy, support and education for people and their families affected by brain injury.

You can support Amy and BIA Otago through

<https://givealittle.co.nz/fundraiser/one-foot-after-the-other>