

In A Nutshell  
August 2021

## World Brain Day

World Brain Day is dedicated to raising awareness and promoting advocacy related to brain health. It is celebrated on July 22. This year, the World Federation of Neurology (WFN) and MS International Federation (MSIF) are at the forefront, leading the campaign to spread awareness about multiple sclerosis.

Goals for this 2021 are to 1) support those living with MS and their caregivers. 2) To conduct a global campaign to educate the public about MS and 3) to improve access to quality neurological care and life-changing treatments.

The day was first observed in 2014 and this is the eighth World Brain Day.

On July 22, 1957, the World Federation of Neurology. The Public Awareness and Advocacy Committee, at the WCN Council of Delegates assembly on 22 September 2013, proposed that July 22 be celebrated as World Brain Day. The proposal received a warm welcome and implementation the very next year

[World Brain Day 2021: Theme, History And Significance \(ndtv.com\)](#)

Just For Fun

It is said that knowledge is power. I want to suggest that you check out this link which will take you to the top MS Podcasts. It rains most afternoons here in Florida. Take that time to tune in to one of these podcasts.

[Top 10 Multiple Sclerosis Podcasts You Must Follow in 2021 \(feedspot.com\)](#)