

## Josh's Journey

For the last 14 plus years, Brain Injury has been the life of the Morros Family, as they not only research and read about it, they LIVED IT! Unfortunately, Josh tragically and suddenly passed away on December 24, 2017. We continue with the Because I Can Annual Golf Tournament honoring Josh Morros, his legacy and so that we can help others where supports and programs fall short.

In 2008, Josh Morros, founder of Because I Can, suffered a traumatic brain injury where he was on life support and in a coma for 24 days. Josh had an amazing recovery that consisted of a unique platform designed by himself and his mother, Teresa. That platform was a key component with his recovery success and being a role model to others sustaining concussions, brain injuries or having neurological conditions.

This is where Because I Can evolved and supports programs that can help survivors, family and caregivers dealing with brain injuries. Our goal is to focus on empowerment and enhancement in a therapeutic environment thru 1.) Exercise 2.) Nutrition 3.) Sleep 4.) Self-Development. BENEFITS of these types of programs improve muscle and skeleton function and integrity, support cognitive function, facilitate neuroplasticity, control weight, combat illness, decrease fall risk, improve mood, boost energy, better sleep habits, build community/social participation and BUILDS CONFIDENCE. Brain Injury is a devastating injury and effects every family differently, BUT it doesn't mean individuals have to settle for existing verses enhancement.

The Morros Family will continue with Josh's mission and passion in the community, where Josh's attitude and desire was to put more "CAN" verses "CAN'T" in the possibilities after sustaining a concussion, brain injury or neurological condition. To help support the program or get more information about Because I Can, please visit [www.becauseican.today](http://www.becauseican.today).

## MILLIONS ARE LIVING WITH THE EFFECTS OF A BRAIN INJURY

*(some don't even know it)*

**Not Every Disability Can be Seen.  
Brain Injury is America's Largest  
Invisible Disability.  
Ask 3.5 Million Americans Who  
Sustain a TBI Every Year.**

## NUTRITION FOR A BRAIN INJURY

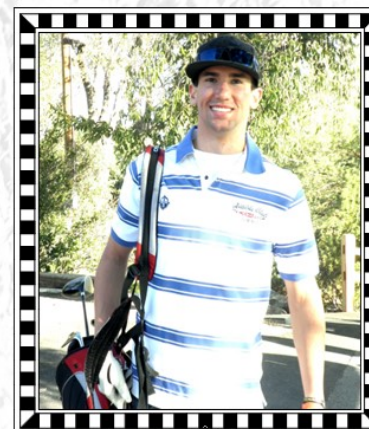
Patients who survive a traumatic brain injury often face a long and challenging road to recovery as they work to restore normal vocal, ambulatory and bodily functions. Nutrition is crucial both immediately after injury and throughout the rest of your life if you have had a brain injury. Long-term management of a brain injury involves providing your body with the materials it needs to function optimally.

### DID YOU KNOW?

- A person with a brain injury is a person first
- A concussion is a brain injury—90% don't even lose consciousness?
- No two brain injuries are exactly the same
- 2.4 Million, including 475,000 children sustain a brain injury each year

# JOSH MORROS'

## ANNUAL Golf Tournament



**FRIDAY**  
**September 29, 2023**

**1:00p.m. (tee time)**

**12:00p.m. (sign-in)**

**Red Hawk Golf and Resort  
6600 N. Wingfield Parkway  
Sparks, NV 89436**

*Come join the fun while you help us support individuals with brain injuries.*

**WHERE:**

Red Hawk Golf and Resort  
6600 N. Wingfield Parkway  
Sparks, Nv 89436

**FORMAT:**

Scramble (4 person team)

**FEES:**

\$130.00 single—\$500.00 for a Team of 4

***\*Sign-ups close on September 22, 2023***

*\*Sign-up as a team or individuals will be assigned*

Includes: 18 holes of golf, green fees, cart rental, gift certs, lunch, goodie bag, putting contest with a \$10,000 cash prize and HOLE IN ONE—2023Lexus

**DINNER ONLY -\$25.00**

***Come join the fun while you help us support individuals with brain injuries.***

- Nike Driver or Iron
- Bose Music System
- \$500 Visa Gift Card
- Raffle Prizes
- Silent Auction
- 1st, 2nd & 3rd Place Awards
- Closest to the Hole Prize
- Longest Drive Prize
- Mulligan package available

**2023 REGISTRATION**

**Open to All golfers**  
***Everyone is Welcome!***

**(1)PLAYER**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**(2)PLAYER**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**(3)PLAYER**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**(4)PLAYER**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please make checks payable to:**

**Josh Morros**  
**BECAUSE I CAN**  
**1325 Airmotive Way #175R**  
**Reno, Nv 89502**

**OR register on-line @**  
**[www.becauseican.today](http://www.becauseican.today)**



For information to register, sponsor, advertise, be a vendor, donate volunteer or you just want to come for dinner, visit: [www.becauseican.today](http://www.becauseican.today) or contact [teresa@brainnevada.com](mailto:teresa@brainnevada.com)  
(775) 473-1077

***EVERYONE FALLS AT SOME POINT IN THEIR LIFE..***  
***WHAT MATTERS IS WHAT YOU DO WHEN YOU GET UP!***

**SPONSOR A GREAT CAUSE AND HELP MAKE A DIFFERENCE**

**INITIATIVE LEVEL-\$1,500.00**

- Title Sponsorship, Hole-In-One Sponsor, Tournament Advertisement, 4-Man Team, Logo on Sponsor Banner, Website, and Facebook

**AWARENESS LEVEL -\$1,000.00**

- Hole Sponsor, Tournament Advertisement, 4 man Team, Logo on Sponsor Banner, Website, and Facebook

**PREVENTION LEVEL-\$250.00**

- Tee Sponsor, Tournament Advertisement, Logo on Sponsor Banner, Website, and Facebook

**TREATMENT LEVEL-\$150.00**

- Tee Sponsor, name on Website and Facebook

**EXHIBITOR—\$100.00 (non-profit organization free)**

- Name on Website and Facebook

**SAFETY LEVEL**

I would like to help with my contribution of \_\_\_\_\_ or a In-Kind Donation. Name on Sponsor Banner, Website and Facebook