

Walking Towards A World Without Ruptures

Social Media Toolkit — September 2026

This toolkit contains ready-to-share graphics for the Brain Aneurysm Foundation's Walking Towards a World Without Ruptures challenge. Use it alongside BAF's Brain Aneurysm Awareness Month Partner Media Packet to round out your September content calendar — that packet covers general awareness/education graphics, and this one covers the walking challenge itself.

How to Use This Packet

1. Pick a graphic

All 10 graphics are included as high-resolution PNG files (1080×1350px), sized for Instagram and Facebook feed posts. They also work well on LinkedIn and X.

2. Copy the caption

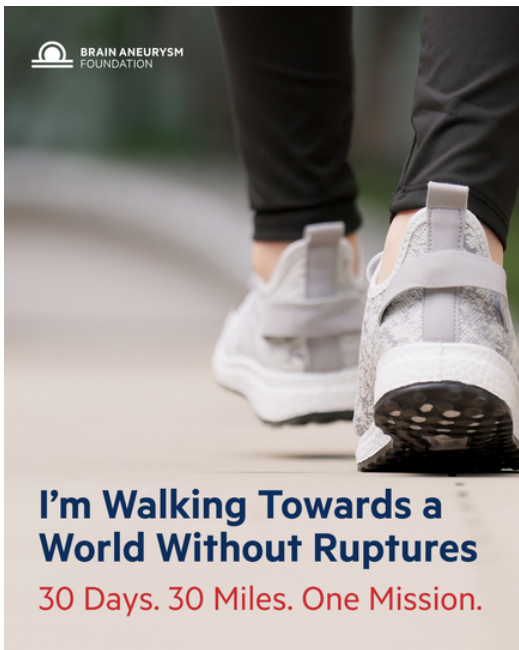
Each graphic below has a suggested caption and hashtags. Feel free to use them as-is, or personalize them — include your story, tag @bafound, or mention why this cause matters to you .

3. Post and tag us

Tag the Brain Aneurysm Foundation when you post so we can like, share, and amplify your reach. If your organization is on Instagram, Facebook, LinkedIn, or X, find us at @bafound.

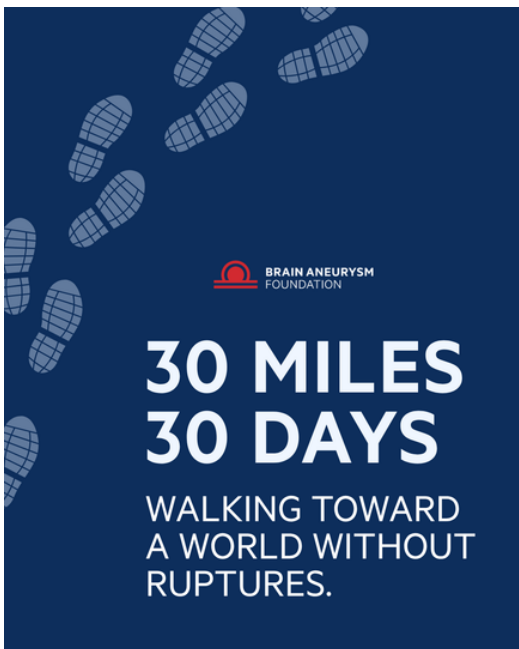
Suggested Hashtags

#BrainAneurysmAwarenessMonth • #KnowTheSigns •
#WalkingAgainstRuptures • #BAF • #BAF30MileChallenge • #1in50



SUGGESTED CAPTION (editable)

This September, we're walking towards a world without ruptures. Join the Brain Aneurysm Foundation's 30-day challenge — 30 Days. 30 Miles. One Mission. Sign up and start walking with us: (insert your fundraising link here)



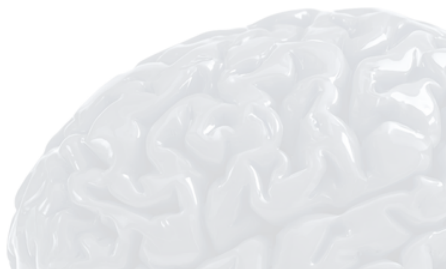
SUGGESTED CAPTION (editable)

30 miles. 30 days. One mission. This September, I'm walking towards a world without ruptures with the Brain Aneurysm Foundation — and I'd love for you to join me. (insert your fundraising link here)



This September, I'm walking for the Brain Aneurysm Foundation so we can move closer to a world without ruptures.

Who wants to walk with me?



SUGGESTED CAPTION (editable)

This September, I'm walking for the Brain Aneurysm Foundation so we can move closer to a world without ruptures. Who wants to walk with me? Sign up for Walking Towards a World Without Ruptures and join the challenge: (insert your fundraising link here)



This September, I'm moving 18 minutes a day for the Brain Aneurysm Foundation — because a brain aneurysm ruptures every 18 minutes in the U.S., and awareness can't wait.

Who wants to move with me?



SUGGESTED CAPTION (editable)

This September, I'm moving 18 minutes a day for the Brain Aneurysm Foundation — because a brain aneurysm ruptures every 18 minutes in the U.S., and awareness can't wait. Who wants to move with me? (insert your fundraising link here)

WARNING SIGNS/SYMPTOMS OF A RUPTURED BRAIN ANEURYSM

- Sudden and severe headache
- Nausea/vomiting
- Stiff neck
- Blurred or double vision
- Sensitivity to light
- Seizure
- Drooping eyelid
- A dilated pupil
- Loss of consciousness
- Confusion
- Weakness and/or numbness
- Pain above and behind the eye



SUGGESTED CAPTION (editable)

Would you know the signs of a ruptured brain aneurysm? A sudden, severe headache — often described as “the worst headache of my life” — is the most common one, but it's not the only one. Save this list and share it with someone you love. If you or someone near you experiences these symptoms, call 911 immediately. (insert your fundraising link here)

WALKING TOWARDS A WORLD WITHOUT RUPTURES

**WALK WITH ME.
1 MILE A DAY.
30 DAYS.
ONE MISSION.**



SUGGESTED CAPTION (editable)

Walk with me. One mile a day, 30 days, one mission. This September, I'm taking part in the Brain Aneurysm Foundation's Walking Towards a World Without Ruptures challenge — and I'd love your support. (insert your fundraising link here)



SUGGESTED CAPTION (editable)

You might start seeing this around town this September — the Brain Aneurysm Foundation's Walking Towards a World Without Ruptures challenge is going public! Walk with us: one mile a day, 30 days, one mission. (insert your fundraising link here)



SUGGESTED CAPTION (editable)

Week 1 complete — 7 miles down! However you're tracking your own miles this September, every one gets us closer to a world without ruptures. How's your first week going? (insert your fundraising link here)

**HALFWAY
THERE**



**15 DAYS. 15 MILES.
ONE MISSION.**

SUGGESTED CAPTION (editable)

Halfway there! 15 days, 15 miles, one mission. Thank you to everyone walking, sharing, and donating with us this September — keep going. (insert your fundraising link here)

**30 MILES
FINISHED**

**30 DAYS. 30 MILES.
ONE MISSION.**



SUGGESTED CAPTION (editable)

30 days. 30 miles. One mission — finished! Thank you to everyone who walked, shared, and gave with us this September for Brain Aneurysm Awareness Month. [add a wrap-up stat here if available — total miles, or dollars raised]