



PERSISTENT CONCUSSION SERIES

A FREE 8 WEEK SERIES SUPPORTING ADULTS 17 + LIVING WITH CONCUSSION SYMPTOMS

ARE YOUR CONCUSSION SYMPTOMS NOT GOING AWAY?

Learn how to manage your fatigue, regulate mood, improve sleep and cognitive function. Discover tips on how to return to work, school and/or play. Get useful tips on preparing for a successful return to school, work and / or play in an eight session series.

Register at: www.bist.ca/concussion or call 416-830-1495.

2018 DATES

Oct 15 | Oct 22 | Oct 29 | Nov 5 | Nov 12 | Nov 19 | Nov 28 | Dec 5

Time: 6:30 - 8 pm | Location: BIST Office - 40 St. Clair Ave East #205
Above the Deer Park Library

BIST
Brain Injury Society of Toronto



PIA
LAW

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