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## Mild Traumatic Brain Injury and Concussion Education Session

2023

Nova Scotia Health staff are offering a 2-part education session for people who have recently experienced a mild traumatic brain injury (TBI) or concussion. Each session is 60 mins (1 hour) long. This session is being offered online using Zoom for Healthcare.

Is this session for me?
☐ I had a mild TBI or concussion within the last 6 months
□ I am 16 years old or older
<ul><li>☐ I want to learn more about what to expect after a mild TBI or concussion, including:</li><li>→ common symptoms</li></ul>
› typical recovery process
ways to help manage my symptoms

## **Session information:**

The session is offered by health care providers working in acquired brain injury services.

> When: Thursdays from 1 to 2 p.m.

> Where: Online using Zoom for Healthcare

## How can I sign up?

This is a 2-part session. You must sign up for each part separately. You must pre-register:

prevention strategies and resources

> Online at: https://abi.nshealth.ca

> **Or call:** 902-473-8610



Prepared by: Acquired Brain Injury Services - Rehabilitation and Supportive Care, Nova Scotia Rehabilitation and Arthritis Centre WL85-2013 © July 2023 Nova Scotia Health Authority

This pamphlet is for educational purposes only.

It is not intended to replace the advice or professional judgment of a health care provider.