

# WANT TO LEARN MORE ABOUT CONCUSSION? WE CAN HELP!

Please Join Us for a free workshop:

## "Concussion 101 & Recovery"

It can be overwhelming trying to figure out life after a concussion. This session will give you the most up to date information about concussion and concussion symptoms & recovery. The interactive seminar will also cover the positive effect of exercise and the best way to return to activity after concussion.



Natasha Wilch has been a Registered Physical Therapist since 2011 and now solely focuses her clinical practice in the area of concussion. Natasha's passion for concussion can be seen through her clinic, Symphony Brain Performance, her online mentorship program for clinicians, Concussion Nerds, and her monthly digital publication Concussion Currents. When she's not diving into more learning, you'll find her mentoring clinicians, working with clients, or spending time with her family.

This informative workshop is offered at **NO COST** for anyone affected by brain injury or who would like to learn more.  
Everyone welcome!

### JOIN US:

MONDAY JANUARY 23, 2023

1:00-2:00PM

NANAIMO BRAIN INJURY SOCIETY #101 -  
235 BASTION ST.

### LIMITED SPACES, RSVP TODAY:

EDUCATION@NBIS.CA

OR CALL: 250-753-5600 EXT. 3



NANAIMO BRAIN INJURY SOCIETY

*(Can't attend in person? A recorded session available online, please inquire)*

[www.nbis.ca](http://www.nbis.ca)