

I think I'm pretty tough but

I'm not

INVINCIBLE.



I tripped over a diving teammate during practice and hit my head on the boards.

My memory is foggy but I remember the doctor saying "You have a **concussion!**"



My headaches were really bad.

I couldn't read simple sentences or count to ten. I wore sunglasses and couldn't watch TV. And when my dogs barked I would scream because it hurt my ears so much.

It's been 9 months and **I finally feel like myself again.** I can read books and I'm even starting to skate!

Don't learn about concussion the hard way.

Know what to do, and keep your head in the game.

For Info Visit www.partnerurl.com

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