Concussion Education Session

NSHA staff offer an education session for people who have recently experienced a concussion. This session is held at the Nova Scotia Rehabilitation and Arthritis Centre.

Is this session for me?

☐ I had a concussion within the last 3 months
☐ I am 16 years old or older
☐ I want to learn more about what to expect after a concussion, including:
  › common symptoms
  › typical recovery process
  › ways to help manage my symptoms
  › prevention strategies and resources

Session info:
The session is offered by health care professionals working in acquired brain injury services.

  › When: Mondays, every 2nd week from 1-2 p.m.
  › Where: Room 228, 2nd floor, Nova Scotia Rehabilitation and Arthritis Centre
  1341 Summer Street, Halifax, NS

How can I sign up?
You must pre-register online at: https://abi.nshealth.ca
Or call: 902-473-8610