

Heads Up.... It's the Law!

Beginning September 1, 2010 all athletic directors, medical staff, coaches, parents and support staff of high school athletics will have to complete a safety training course on sports related concussions.

As many as 3.8 million sports and recreation-related concussions occur in the United States each year. A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head or body that causes the head to move rapidly back and forth. What may appear to be a mild bump or blow can be serious. Coaches, parents or anyone caring for young athletes play a vital role in identifying and responding to the signs and symptoms of a concussion. Hallmark Health invites you to a free seminar to help you understand and recognize this injury and to learn more about the new certification requirements.

Join us for this free seminar and you'll receive:

- Free Concussion Toolkit
- Free entry into a raffle for a pair of Bruins tickets
 - Access to take on-line safety training course
 - Light refreshments

The Young Athlete: Understanding Sports Concussions

- Signs/symptoms of concussions
- Treatment

- Mechanism of injury
- Rehabilitation

Learn about and take new safety training course.

Visit www.hallmarkhealth.org and select "Event Calendar" in the next couple of weeks to register or call (800) 540-9191.

Sunday, September 12th, 6:00pm Lawrence Memorial Hospital/School of Nursing/Classrooms A & B

Tuesday, September 21st, 6:00pm
Melrose-Wakefield Hospital, Perkins Lecture Hall
Special Guest Speaker: Bob Sweeney, Former Bruins Player,
Director of Development, Boston Bruins Foundation

Wednesday, September 29th, 6:30pm Melrose-Wakefield Hospital, Perkins Lecture Hall





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