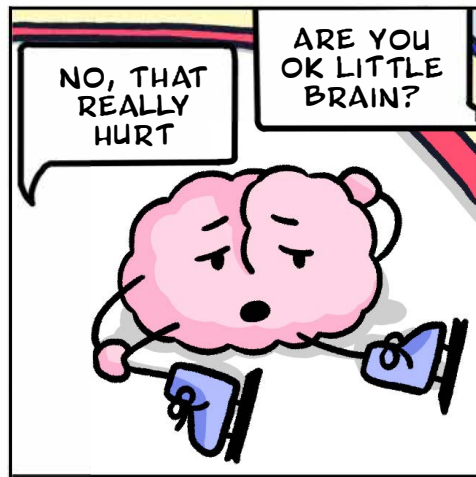
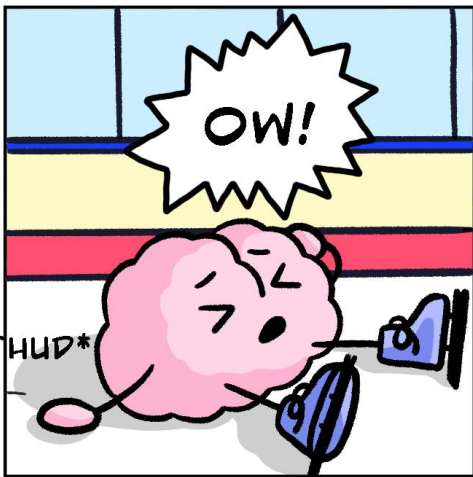
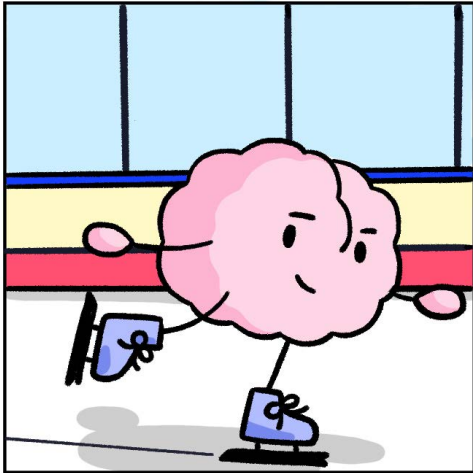
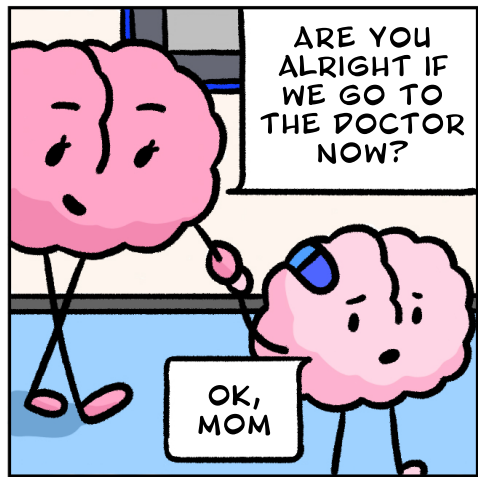
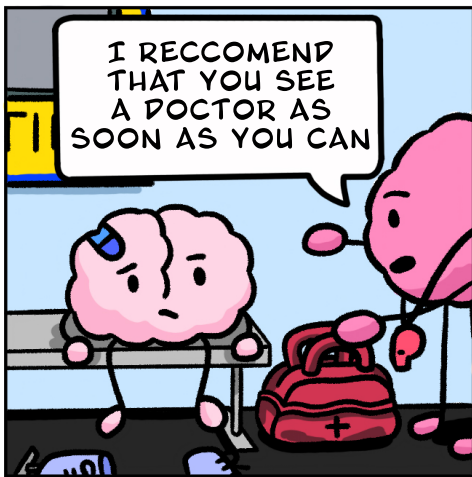
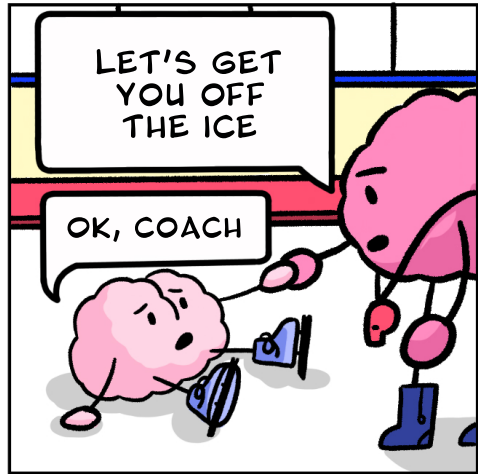
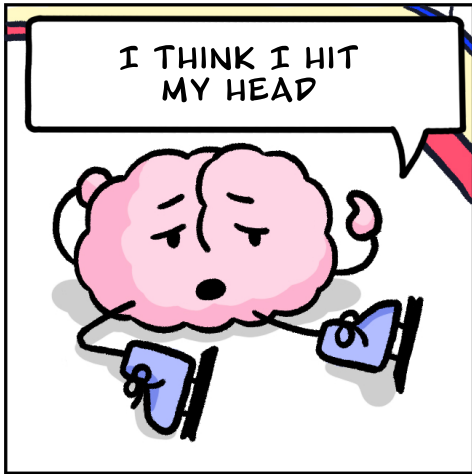
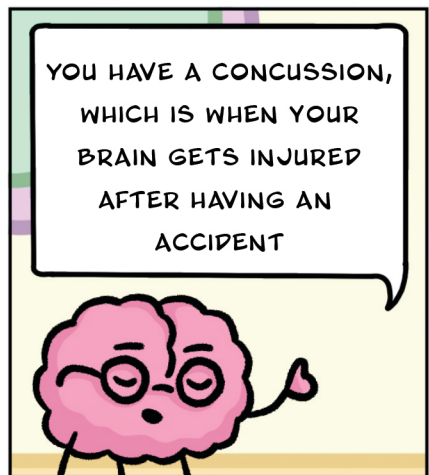
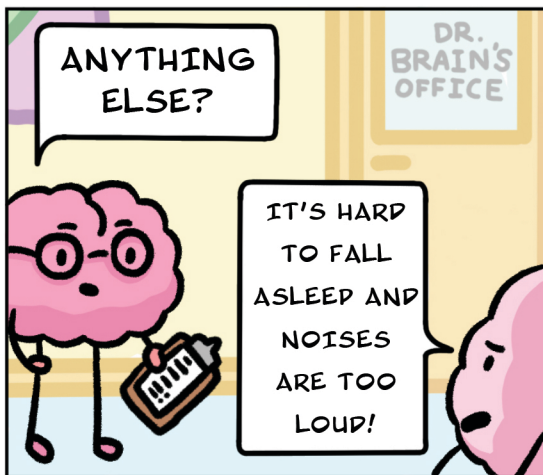
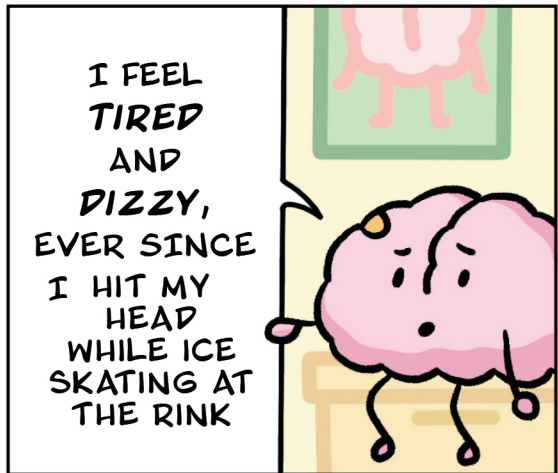
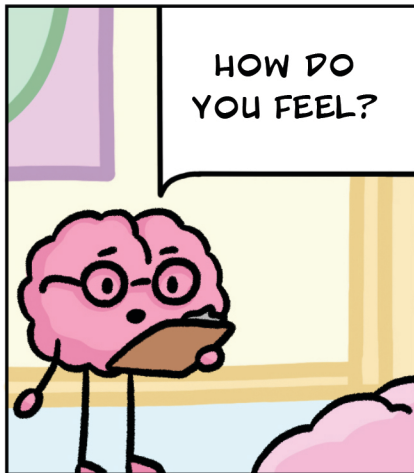


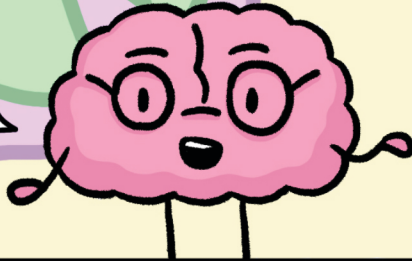
# LITTLE BRAIN GOES ICE SKATING







CONCUSSIONS  
ARE VERY  
COMMON,  
KIDS USUALLY  
HEAL WITHIN  
A FEW WEEKS!



JUST  
FOLLOW MY  
INSTRUCTIONS  
BELOW TO  
HEAL YOUR  
BRAIN!

## DR. BRAIN'S INSTRUCTIONS:



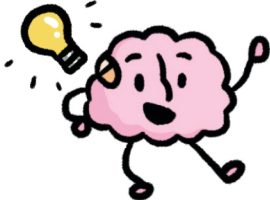
### **IT'S OK TO TAKE A NAP**

MAKE SURE TO REST THROUGHOUT THE DAY, BUT NOT TO THE POINT THAT IT STOPS YOU FROM FALLING ASLEEP AT NIGHT



### **TAKE A WALK**

IT'S OKAY TO TAKE A WALK IF YOU'RE NOT FEELING YOUR BEST, AND AS YOU START TO FEEL BETTER, YOU CAN DO MORE ACTIVITIES



### **PROTECT YOUR HEAD**

BE CAREFUL NOT TO HIT YOUR HEAD AGAIN! REMEMBER TO CHECK WITH YOUR DOCTOR BEFORE YOU START PRACTICING WITH YOUR TEAM AGAIN

Rx Dr. Brain

ART BY CLARA CHRISTOPHERSON