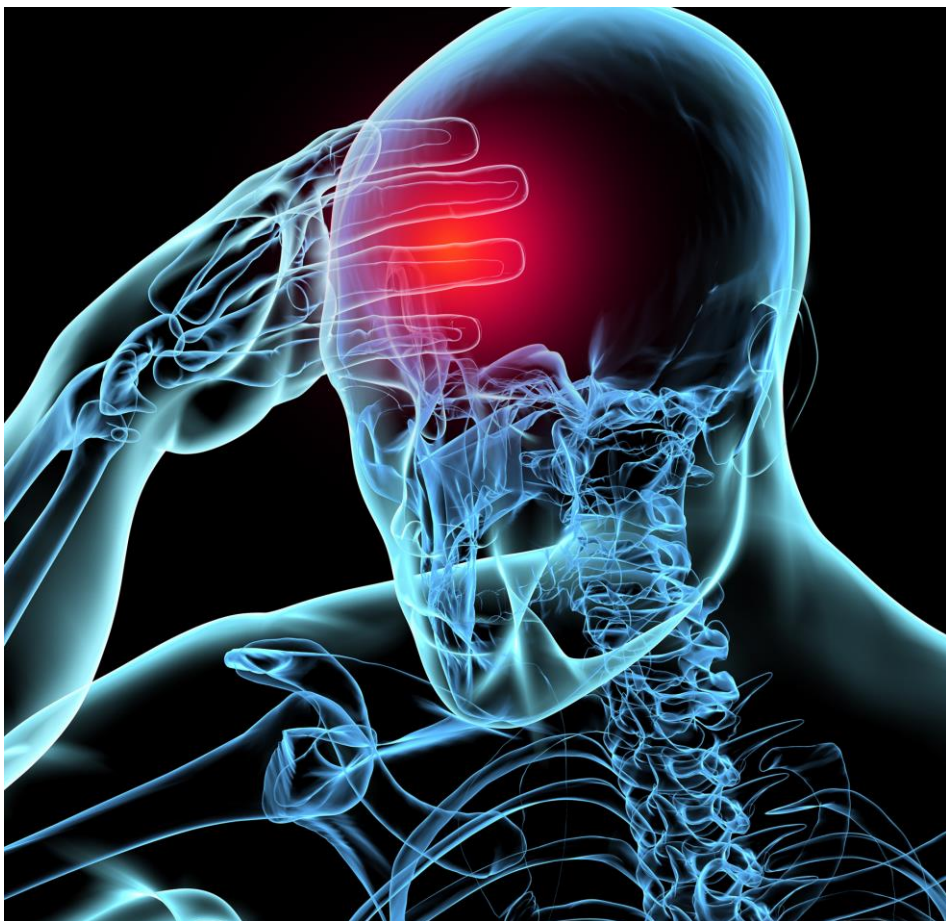


JOIN US FOR A DISCUSSION ON CONCUSSIONS



Do you have a child involved in sports? Are you or a loved one at risk for falls or still suffering from symptoms after hitting your head? ARC in Westmont is hosting a workshop focusing on concussions and appropriate steps towards recovery! In this workshop, you will learn signs of a concussion and different responses the body may have, factors which lead certain populations to be at a higher risk and specific exercises and tools that can be used to get you on the road to recovery. Come learn from our physical therapists!

**TUESDAY JULY 30, 2019
6:30-7:30PM**

COME LEARN:

—
**Signs and
symptoms of a
concussion**

—
**Steps to proper
recovery**

—
Benefits of Rehab

—
**1st 10 to call and
reserve their seat
will receive a gift!**

ARC PHYSICAL THERAPY

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