

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.parachutecanada.org](http://www.parachutecanada.org)

Nathan Fraser

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