

# ALBERTA CONCUSSION AWARENESS

September 27th 2023, marks the 3rd Annual Alberta Concussion Awareness Day, a day dedicated to raising awareness about concussions and their impact on lives. We invite you to join the movement and make a difference.

## SHARE YOUR CONCUSSION STORY

Your experiences matter, and by sharing your story, you can help others understand the challenges, triumphs, and lessons that come with concussions. Whether you've personally faced a concussion or have witnessed its effects on a loved one, your story can inspire empathy, awareness, and positive change.

## HOW TO PARTICIPATE

1. Reflect on your concussion experience or that of someone you know.
2. Share your story as a post and tag us!
3. Encourage your network to join the movement by sharing their stories too.

Let's come together to create a powerful tapestry of stories that highlight the importance of concussion awareness. By sharing, you're contributing to a stronger, more informed Alberta community.

**@SPORTMEDAB @ABCONALLI @STOPINJURY @SIPRC**  
**#ACADay #ConcussionAB #ABCConcussionDay**

**[WWW.SPORTMEDAB.CA/ACA](http://WWW.SPORTMEDAB.CA/ACA)**