



# Is your team concussion safe?

Concussions don't just affect professional athletes. They are particularly common among children and youth involved in organized sports.

**Sport-concussions  
peak in 10-19 year olds**

Get started on a concussion prevention and management program today!  
Niagara Region Public Health can provide FREE and ongoing support to your minor sport organization.

**Click here to book your FREE CONSULTATION**

[www.niagararegion.ca/health](http://www.niagararegion.ca/health)

Niagara  Region

Be a  **head** of the game!