



Health and Wellness Seminar

May 2019

Healthy Brain

Head injuries in the form of concussion or other traumatic brain injury (TBI) can range from mild to life-threatening. There is a lot you can do to steer clear of concussion and other forms of TBI.

Studies show that about 1.7 million people in the U.S. have a TBI each year. TBI is involved in a third of all injury-related deaths in the U.S.

Thursday, May 23, 2019
2:30p.m. – 3:30p.m.
City Hall Council Chambers
Presenter: Dr. Juan Asuaje

Please register with Human Resources no later than Wednesday, May 22, 2019 by 1:00p.m.

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City of Mission