

News: January 8, 2016–for Immediate Release
Re: South Suburban College, www.ssc.edu
Contact: Public Relations (708) 596-2000, ext. 2463

CONCUSSION SEMINAR SERIES COMING TO SOUTH SUBURBAN COLLEGE

OAK FOREST, IL –The South Suburban College Department of Continuing Education is holding a seminar series on Concussions. This 2-day seminar is a must-attend event for coaches, parents, volunteers, trainers, student-athletes or others involved in sports.

A concussion is not just a football related injury. It's better to miss one game than miss a lifetime of fun. The seminars are led by Hall of Fame Football Player Michael Jennings and topics include:

- Concussion Facts
- Concussion Symptoms
- Don't hide it, Don't ignore it, Report it!
- Take Care Of Your Brain!

Class times are from 6:00-7:00 p.m. and run during February and March. The cost is \$69.

For more information contact the South Suburban College Department of Continuing Education at 708-596-2000, ext. 2231. The Oak Forest Center is located at 16333 S. Kilbourn, Oak Forest, Illinois.

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