



# Brain Injury Lunch and Learn

**What:** A weekly person-centered group to learn about what a brain injury is, what it means if you have one, and some strategies to help manage your symptoms. Individuals will be given a FREE meal and FREE resources.

**When:** Mondays from 12:30-1:30 pm Central (no class on Labor Day, September 4, 2023)

**Where:** Downtown Engagement Center (DEC), 222 4th St. N. Fargo, ND

Participants will get to select each week's topics, from an evolving list made up of topics such as **symptom recognition, why stopping and thinking is important, anger, etc.**

## For More Information

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