



Disturbing Brain Neurochemistry Can Result in



Fatigue



Poor Attention and
Focus



Learning
Difficulties



Depression and
Anxiety



Irritability



Memory Problems

Keep Your Brain Healthy and Strong
Eat Right...Sleep Well...Exercise...Avoid Injury...Balance Work with Play

When stress takes over, talk to a Psychologist.



PRINCETON
Neuropsychology
at RSM

Sports Concussion
Center of New Jersey

www.PrincetonNeuropsychology.com
609.895.1070