



## **MOMENT WITH MOLLY**

FIVE TO 10 PERCENT OF ATHLETES WILL EXPERIENCE A CONCUSSION IN ANY GIVEN SPORT AND FEMALES ARE TWICE AS LIKELY TO SUFFER A CONCUSSION AS MALES. HI. MY NAME IS MOLLY HIGHTOWER. I AM THE FOUNDER AND CEO OF OUTSMART HER CONCUSSION. OUTSMART HER CONCUSSION WAS FOUNDED BY FEMALE ATHLETES FOR FEMALE ATHLETES. IT IS TIME TO START TAKING FEMALE CONCUSSIONS SERIOUSLY, AND OHC IS TRYING TO DO JUST THIS. THE MAIN GOAL OF OHC IS TO ESTABLISH SUPPORT GROUPS FOR WOMEN WITH POST CONCUSSION SYNDROME AND TO SPREAD THE WORD ABOUT THE DANGERS OF CONCUSSIONS TO AREA HIGH SCHOOLS AND COLLEGES. THERE WILL BE DIFFERENT TRAINING SEMINARS THROUGHOUT THE YEAR TO TRAIN ATHLETIC DIRECTORS, COACHES AND PARENTS, ABOUT THE SERIOUSNESS OF CONCUSSIONS AND HOW TO PROPERLY TREAT THEM. THROUGH OUTSMART HER CONCUSSION; WE GIVE YOUNG FEMALES A LITTLE BIT OF HOPE AND ENCOURAGEMENT THAT THEY ARE NOT ALONE IN THEIR FIGHT. FOR MORE INFORMATION AND WAYS TO GET INVOLVED VISIT [W-W-W DOT O-H-CONCUSSION DOT COM](http://WWW.O-H-CONCUSSION.COM).