



Join us for **Headache Health Talks** ~ a **FREE Webinar** series.

Get the latest information about headache causes and treatments from the nation's leading headache specialists and participate in a question and answer session to learn how to better manage your headaches.

Enjoy Your Holidays: A Patient's Guide to Managing Migraines

This program covers basic information about migraine, as well as how migraine sufferers are affected during the often stressful holiday season. We will discuss common holiday-related triggers, including family stresses, seasonal food triggers and changes in schedule, and how to avoid them to make the best of your holiday season. There will be Q&A sessions with the presenting headache experts after the presentation.

December 8, 2009

12 PM CT - *Dr. Traci Purath*

6 PM CT - *Dr. Vincent Martin*

December 9, 2009

6 PM CT - *Dr. Sylvia Lucas*

December 10, 2009

1 PM CT - *Dr. Traci Purath*

December 16, 2009

4 PM CT - *Dr. Sylvia Lucas*

Register today by emailing nhf1970@headaches.org

Include the program name and date in the subject line and your name, city and state in the body of the email. Send to nhf1970@headaches.org.

You will receive instructions via email with a toll-free number to call to participate in these educational and interactive teleconferences.



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