



Do you frequently experience headaches?

What type of headache has you reaching for pain relievers?

It's estimated that over 80-90% of Americans will experience headaches at some point in their life. While most headache sufferers can continue their daily activities, the constant pain can be hard to live with — often affecting mood, sleep patterns, and productivity.

Join us for a complimentary, interactive session to learn about common types of headaches and the triggers, signs, symptoms and other factors that can help distinguish between headaches. You will learn valuable tips, stretches and tools as well as information about a conservative treatment option that may provide relief.

Headaches: It's not just in your head

Session Held on

**Thursday, July 25th
12:00pm - 1:00pm**

Community Room

(Lunch will be Provided)

Please RSVP with Human Resources by **July 24th**

 **AIRROSTI**

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