

HEADACHE EDUCATION RESOURCES

Health Education Centers
Hayward ♦ Union City ♦ Fremont

These resources are recommended to help you learn more about living with Headaches. They are available for viewing, lending or purchase at our Health Education Centers.

Hayward

2nd Floor Main Clinic
Bldg. above the pharmacy
M-F, 9am-5pm
Wed – open to 7pm
510/784-4531

Union City

1st Floor Medical Office Bldg.
B, next to pharmacy
M-F, 9am-5pm
510/784-4531

Fremont

1st Floor Niles Bldg. next
to pharmacy
M-F, 9am-5pm
510/248-3455

AUDIOTAPES

- “Headache Relief”
Emmett Miller, MD
- “Letting Go of Stress”
Emmett Miller, MD
- Kaiser Healthphone –
800/332-7563
tape # 419 Headache*

BOOKS and PAMPHLETS

- Healthwise Handbook, Kaiser Permanente
Chapter 9 “Headaches” *
- “Migraine and Tension Headaches: Strategies
for Coping with the Pain” Krames booklet*
- Acupressure’s Potent Points: A Guide to Self-
Care for Common Ailments
- Migraine and Other Headaches

CLASSES

Call 784-4531 or 248-3455 to register

- Headache Overview – 1 session class
- Pathways – 1 session class*
- Acupressure and Relaxation Training - 3 week workshop
- Mind Body Program - 8 week class
- Insomnia Overview – 1 session class

VIDEOTAPES

- “Migraine and Other Headaches”
- “Relief From Migraine”
- “Relaxation and Inspiration”

* Also available in Spanish

WEB SITES

- “American Council for Headache
Education” (ACHE) www.achenet.org
- “National Headache Foundation” (NHF)
www.headaches.org
- www.members.kp.org

Visit Health Education to learn about other resources including reference books, info-trac computer access, journals and community resources.