

# HEADACHE OVERVIEW CLASS

**Are you among the millions of  
Headache sufferers?**



The Headache Overview Class is a 2-hour session that will provide information, education and management strategies for adults over 18 living with chronic headaches (headaches for 6 months or more)

Topics covered will include:

- Headache types
- Headache triggers
- Lifestyle and behavior
- Medication categories
- Management techniques
- Resources

Taught by Neurologist, Pharmacist, and Health  
Educator

## **DATES & TIMES**

Held on Wednesday afternoons

3-5pm

Call for next class date

## **LOCATION**

275 Hospital Parkway

MOB 4<sup>th</sup> Floor Room 460-2 or 3

Check at time of registration

## **BY REFERRAL ONLY**

## **PRE-REGISTRATION REQUIRED**

Call the Department of  
Neurology

408-972-3100

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