PATIENT EDUCATION DAY
Creating community and sharing knowledge for people with migraine and other headache disorders and their loved ones.

Saturday, March 23, 2019
9:30 AM – 4:00 PM

Annenberg Center for Medical Education
at Lankenau Medical Center

The day will include multiple formats:
• Lectures
• Experiential activities
• Facilitated, small group discussion

The day will include the following topics:
• Research update
• Medical and non-medical treatment
• Self-care
• Reducing stigma
• Self-advocacy
• Understanding anxiety and depression
• Mindfulness

This program is designed for:
• People with Chronic and Episodic Migraine
• Families and people who care about those with Migraine
• People with other headache disorders
• People with a genuine interest in the wellbeing of persons with headache disorders

Registration: $20

Registration at milesformigraine.org