

Did you know it is...??

***National Headache and Migraine Awareness Week
17th – 23rd September 2012***

***Global Year Against Headache
October 2011 to October 2012***

Headaches are one of the most commonly experienced forms of pain and one of the most frequent reasons to seek medical advice. Many headaches can be treated, managed or even cured.



Take responsibility for your headache



Identify and avoid triggers



Make necessary lifestyle changes



Have a headache management plan



Actively treat a headache



***To make an appointment for assessment and treatment of your
headache please contact reception.***