



# Integrative Approaches to Headache Management

➤➤ A Series of Three Group Workshops ➤➤

## Our Speakers

Lead Physician:  
Carolyn Bernstein, MD

Course Facilitator:  
Meredith Beaton Starr, MS, DTR/L

Guest Instructors:  
Matthew Kowalski, DC  
Jie Fan-Roche, PT

## Dates / Fees

Cost: \$150 (payable by credit card) Limited to 10 participants\*

Dates:  
January 11, 2018  
January 25, 2018  
February 8, 2018

Time:  
10:00 am - 11:30 am

Location: Osher Clinical Center  
Brigham and Women's Hospital  
850 Boylston St, Suite 422  
Chestnut Hill, MA 02467

617-732-9700

\*To reserve a seat in the program, a non-refundable payment must be received at least one week before the program commences.

The Osher Clinical Center offers a number of medical and non-pharmaceutical approaches to headache management. Our skilled clinicians are experts in various treatment approaches that are often not part of conventional medical headache management.

In this series of three workshops, we will explore the use of chiropractic, acupuncture, yoga, craniosacral therapy, nutrition and healthy eating, exercise, and techniques including stress management, mindfulness, pain management, and cognitive restructuring in the management of headaches.

Participants will explore and learn about both cutting edge science and centuries-old techniques and interventions for managing headaches. This is a holistic, practical, hands-on workshop meant to provide participants with concrete and evidence-informed strategies and tools for self care.

What to expect: Participants will learn about different therapies that address headache symptoms as well as learn self-care techniques that can be done independently. There will be homework to do in the interval between sessions.

This group will provide an opportunity for people to connect with others who have headaches and to share their experiences while learning integrative self-care techniques and tips.

**\*\*We request that participants commit to all three workshops when registering for the course. If you are not able to make these times, please consider a future offering.\*\***

For more information, please call the Osher Clinical Center at 617-732-9700.



**OSHER CENTER FOR INTEGRATIVE MEDICINE**  
HARVARD MEDICAL SCHOOL AND BRIGHAM AND WOMEN'S HOSPITAL

