



# **Decreasing Headaches** begins November 8

*More than 1 or 2 headaches  
a month are TOO many!*

*Learn how to decrease headaches and headache pain.*

Thursdays from 7:30—9:00 pm  
4 session program begins November 8, 2018  
in Room 332 University Centre, University of Guelph

Fee :

\$ 20 for U of G students (due to Student Health Services subsidy)

\$ 60 for members of Steelworkers Local 4120 (Local 4120 subsidy)

\$120 for all others

*For more information or private training, visit [www.SelfRegulationSkills.ca](http://www.SelfRegulationSkills.ca)  
or leave a message at the Stress Management Clinic 519 824-4120, ext. 52662*