Decreasing Headaches
begins November 7

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 7, 2019
in Room 334 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
or leave a message at the Stress Management Clinic  519 824-4120 ext. 52662