



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