

Attention Headache & Migraine Sufferers!

Headache Workshop Reveals How to Naturally Treat Headache & Migraine Symptoms For Good.

- Do you suffer from persistent neck pain?
- Have you recently fallen or suffered from a concussion?
- Do you have 3 or more headaches or migraines in a month?
- Do you commonly wake up from due to your headaches or migraines?

If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial) – the Headache Workshop may be a life changing event for you...

Hello,

Headaches & migraines can be debilitating... trust me I've seen it many times. It can take your focus away from enjoying your life...like spending time with your children or grandchildren... It can mess with your ability to work...It can ruin your travel plans... And it can take away your ability to live life independently forcing you to rely on others. Less movement and an inability to enjoy life can lead to depression, increased stress and a sedentary lifestyle (mostly sitting...not moving much) which can lead to bigger health problems...and life problems.

The Headache & Migraine Specialists at North 40 Physical Therapy have helped 100's of people who have suffered from headaches or migraines... treating these conditions is our specialty.

So by request, I'm hosting a

FREE Headache Workshop

Wednesday, May 22nd, from 6pm-7pm

North 40 Physical Therapy, 1520 North 24th St. W, Billings

If you're confused about what to do and looking for answers, here's some of what you'll learn:

- The different types of headaches & migraines
- The most common treatment mistakes
- Tests used to isolate the cause of symptoms
- Self treatment techniques to manage your symptoms

How Do I Register for the FREE Headache Workshop?

Call our office - 406-318-8340

**Seating is limited to the first 20 callers
so if you would like to attend,
be sure to register now!**

Looking forward to seeing you there,
Josh Henderson, Physical Therapist
North 40 Physical Therapy



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