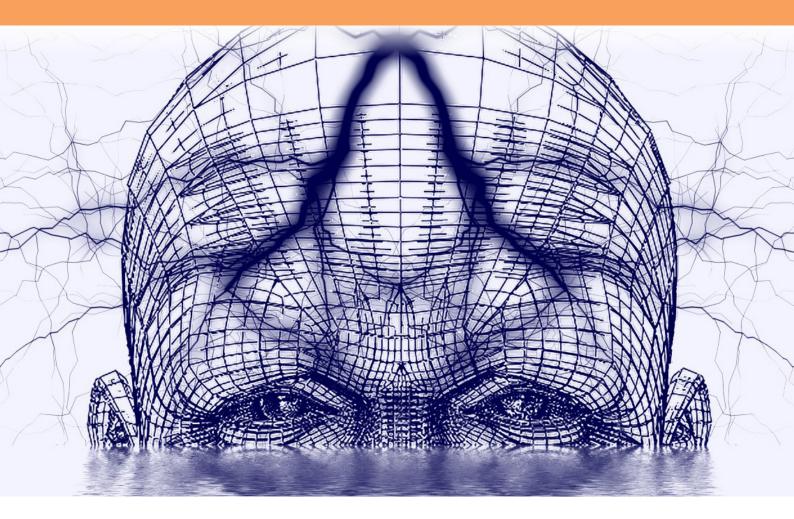
## HEADACHE AND MIGRAINE SUPPORT GROUP



## **Don't feel isolated or alone** Learn more about managing your migraines and headaches by sharing your experiences

## Join our new support group in Eastbourne

If you are interested in joining the group then please contact Rachel at Migraine Action on **info@migraine.org.uk** or call **08456 011 033** 

For more information on migraine visit www.migraine.org.uk



Migraine Action is the national advisory and support charity for those affected by migraine. Registered Charity Number: 1152973 in England and Wales and SC045820 in Scotland.