Half corner

How to recognise

and Manage

HEADACHES and Migraines

Date: MonDAY 25th NoVEMBER

Time: 6.30 – 8.30pm

Location: St Thomas Health Centre

**Speakers:**

**Dr David Kernick** is a GP with a special interest in headache.  He has a research interest in the area and has written several publications; including for the Oxford University Press Manual of Headache.  He was formerly the Chair of the British Association for the Study of Headache, and currently leads the Association’s Headache Specialist General Practitioner Group.

**Caroline Twigg** is a Complementary Therapist from a Nursing background. She has been a Nurse for 25 years and a Therapist for 15 years with experience of working as a Therapist at Exeter Hospice. She also does Reflexology and Indian Head Massage.

*A friend has sent me a link that you are looking for a complementary therapist to speak alongside a GP. I'm a complementary therapist with a nursing background too- I've been a nurse for 25 years and therapist for 15 years. I have experience of working as a therapist at Exeter Hospice too. Feel free to message me with any questions. I do Reflexology which definitely aids migraines and Indian Head massage. Thanks Caroline Twigg."*



Tea and Coffee will be available from 6.30pm.

Please let us know if you can attend: marionlong@nhs.net

Free parking available.

Patients welcome from any Health Centre.

**St Thomas Health Centre – Patient Participation Group**