

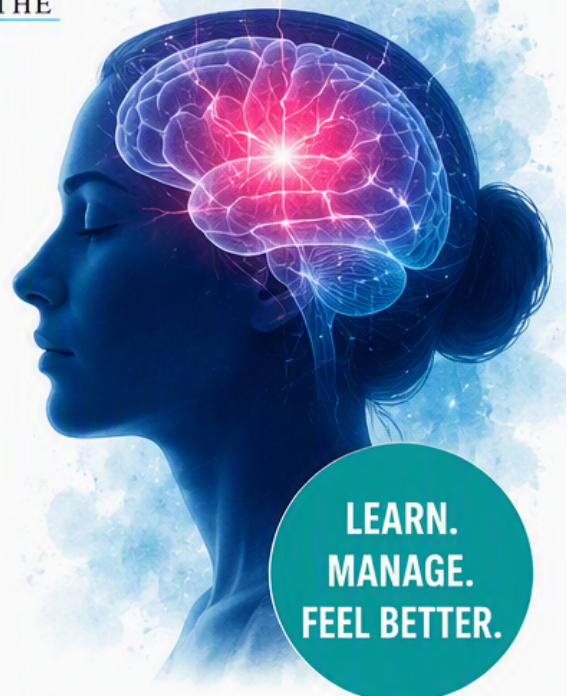


BRITISH ASSOCIATION FOR THE
STUDY OF HEADACHE

LIVING WITH MIGRAINE?

FREE PATIENT INFORMATION SESSION

Practical, evidence-based information to help you feel better informed and more confident in managing your migraine.



LEARN.
MANAGE.
FEEL BETTER.



SATURDAY
24 OCTOBER 2026



9:30 AM –
12:30 PM



HILTON BELFAST
4 Lanyon Place,
Belfast, BT1 4LP

WHAT WILL BE COVERED?



Understanding migraine and the principles of effective treatment



Making the most of acute and preventive migraine treatments



Lifestyle factors and practical approaches to self-management



Recognising when to seek further support or medical advice



Where to find reliable information and additional support

LEARN FROM HEADACHE SPECIALISTS

The session will be led by a multidisciplinary team, including:



CONSULTANT NEUROLOGIST
Expert insight into diagnosis and treatment



GP WITH EXTENDED ROLE IN HEADACHE
Practical advice on managing migraine day to day



ADVANCED PRACTICE PHYSIOTHERAPIST
Strategies for physical wellbeing and migraine management



COMPLIMENTARY REFRESHMENTS PROVIDED

Connect with others affected by migraine.

SCAN TO REGISTER

Spaces are limited.
Register today!



Living well with migraine

INFORMATION • TREATMENT • SELF-MANAGEMENT • SUPPORT