



Migraine Awareness and Management

Health Educator Rachel Lendner leads this session, which discusses common triggers and strategies to make living with migraines more manageable.

Migraine Awareness and Management

Wednesday, July 10

12 p.m. - 1 p.m.

[Register Now](#)

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

