

Migraine Map

A Discovery Process

The Migraine Map is a process that allows you to identify and change the pain, tension and safety factors contributing to migraines. What does your Migraine Map look like?

Skill Set and Tools for Empowerment

Did you know that there are simple, natural skills that you can learn to reduce the intensity and frequency of migraines?

Sometimes the cause of the pain is not where you feel the pain.



Pain Map

Where it is and where it is not.



Tension Map

Tension Trigger Points cause pain.



Stress and Safety Map

1

FREE PAIN MAP STRATEGY SESSION

2

LEARN TOOLS TO MANAGE PAIN, TENSION AND STRESS

3

CHOOSE SUPPORT TO HAVE FREEDOM FROM MIGRAINES

**GO TO WWW.TUCSONFAMILYWELLNESS.COM OR CALL 520-449-2128
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