



Relieve Headaches

Without Medications!



Headaches can make life miserable! Thinking can be hard enough, let alone trying to focus on something important. It wears you out and leaves you feeling depleted. Joy... you wish you had it.



The good news: *There's hope!* Getting rid of chronic headaches can be done naturally, without medications that create other side effects (can you really afford to be sleepy when you're already behind because of your headache?!!)

Life is short!

Don't let a headache steal its beauty!



Cheryle will teach you simple, effective ways to quickly calm stress and tension headaches using budget-friendly techniques you can do anytime: breathing, massaging specific areas of your face and neck, and eating the right foods.

Wednesday, April 4th

Noon-1pm

\$25

Led by:

Cheryle McKee, MS, CNS, LDN
Board Certified Nutritionist & Wellness Coach

1 West Church St., Frederick, MD



Register at: www.NourishingAbundance.com/Headaches