

Your patients need a trainer...

MIGRAINE
Trainer®



National Institute of
Neurological Disorders
and Stroke

Migraines are one of the most common childhood disorders, yet are often difficult to control. You can help your patients find relief with *Migraine Trainer*[®], an app from the National Institute of Neurological Disorders and Stroke. This free app provides self-management tools and resources to help users ages 13 and older understand their migraine triggers, track their symptoms, and manage a migraine that is underway. Plus, your patients can share their headache log to help you develop personalized migraine management plans.

Download the **free** *Migraine Trainer*[®] app today and please recommend it to your patients and colleagues.

