



MIGRAINE Trainer[®]

Are your
migraines
so bad that
you think
your head is
going to pop?



National Institute of
Neurological Disorders
and Stroke

If you suffer from migraines, you know they can be monstrous. But do you know what triggers your migraines? Or how you can manage them? *Migraine Trainer*® is a free app that is designed for teens who experience migraines. It offers fun techniques, tips, and tools to help you catch the warning signs, know your triggers, and ease the pain.

Download the **free** *Migraine Trainer*® app today!



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