



**Mind-Body  
Headache & Migraine  
Relief & Prevention  
Workshop**



**Thursday, June 14  
4:00pm**

**Community Office of  
Assembly Member  
Rebecca Seawright  
1485 York Avenue  
(78/79 Streets)**

***By Jan Mundo,  
Somatic Coach &  
Movement  
Educator  
Author of  
"The Headache  
Healer's  
Handbook"***

**Call 212.288.4607  
or email [SeawrightR@nyassembly.gov](mailto:SeawrightR@nyassembly.gov) to RSVP!**