



## MIGRAINE SUPPORT GROUP

*This is an educational peer support group designed to connect and empower people who live with chronic migraine. We will provide helpful resources and supportive discussions to help better navigate life with migraine.*

### Location:

The Portland Clinic - Tigard  
9250 SW Hall Blvd., Tigard, OR 97223

### Time:

10:00 - 11:30 a.m.

### Dates:

- Saturday, March 14
- Saturday, March 28
- Saturday, April 11
- Saturday, April 25
- Saturday, May 16
- Saturday, May 30
- Saturday, June 13
- Saturday, June 27

### Register:

Pre-registration is required. Please call 503-293-0161 ext. 4138

