

# CONQUER YOUR HEADACHES

## with a Body–Mind, Self-Care Program



**Tuesdays, March 8 - April 12, 2011  
6:00 pm - 8:15 pm**

**to be held at  
New York Headache Center  
30 E. 76th Street, New York, NY 10021**

Are you sick of suffering from chronic headaches or migraines? Do you miss work, cancel plans, and curb your activities because of them? The Mundo Program is a step-by-step plan to help you relieve and prevent your cycles of pain.

How it works: Everything you do—eat, drink, sleep, move, sit, stand, think, feel, interact—adds up to how you feel and function. In a body-mind program, as with one for diet or exercise, by changing your daily practices, you get a different result.

Headache whisperer Jan Mundo will guide you to wellness and help you overcome your pain. Lessons, accompanied by handouts, individualized coaching, and assessments, include: tracking your triggers, headache-healthy diet suggestions, stress relief strategies, and harnessing the power of your body and mind for healing.

Are you ready to roll up your sleeves and make meaningful, lasting change in a supportive environment? More than just absence of pain, learn how to move on and enjoy your life! Why suffer for one more day?

### **TO REGISTER**

**Contact Jan Mundo at [jmundo@mundolifework.com](mailto:jmundo@mundolifework.com) or 212-991-8611.**

Price: \$325 • Early bird: \$310, if paid by Feb 22

Payment accepted by check or PayPal, made payable to Jan Mundo

Register now to reserve your place. Space is limited.

Instructor Jan Mundo, CMT, CMSC, has been helping people with chronic headaches and migraines for forty years. In 1970, she developed the Mundo Method, a focused touch therapy that relieves headaches and migraines on-the-spot. In 1992, she created the Mundo Program for relief and prevention.

Ms. Mundo is a Certified Master Somatic Coach, Body-Centered Therapist, Massage Therapist, and published author. Research about the efficacy of the Mundo Program was published in *Cephalalgia* international headache journal in May 2001. Her headache book will be published by Book Publishing Company in 2012.

Mundo has held her programs at University of California Berkeley and San Francisco, Osher Center for Integrative Medicine, Stanford University, Kaiser Permanente, and Hill Physicians Medical Group. She currently practices in New York City and offers private sessions, telecourses, lectures, workshops, classes, seminars, and professional trainings.

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The New York Headache Center—led by Alexander Mauskop, MD, FAAN, board certified neurologist and headache specialist, and author—is a leader in traditional, alternative, and complementary headache therapies. The New York Headache Center generously offered its space for this program.

website: <http://www.mundolifework.com> • facebook: **The Headache Coach**  
blog: <http://theheadachecoach.wordpress.com>