

HEADACHE HEALING CENTER



HEADACHES ARE LIKE CATS AND OTHER TALES

An Experiential Talk with Headache Healer and Coach, Jan Mundo

If you're a headache sufferer looking for an alternative to the endless cycle of pain and meds, you're not alone. Disabling, chronic headaches and migraines affect fifty million people in the United States. People suffer for decades without discovering the real roots of their pain and symptoms, which takes a toll on all aspects of their lives.

In an evening infused with humor and an exploration of the mind-body-headache connection, learn how a practical, self-care approach can empower you to release the causes of your pain, achieve balance and reclaim your life. If a severe migraine has toppled you more than once, despite all you've tried, this light-hearted talk will bring a smile and restore hope. Discover how your headaches behave just like cats, and how "cat-like behavior" can help unlock the keys to your migraine mystery! The headache healing path is a journey for sure, and this refreshing perspective is a way to begin or restart your engine.

Master Headache Healer and Coach Jan Mundo has thirty-five years experience relieving headaches on-the-spot. As detailed in her essays published in *Massage & Bodywork Magazine*, the anthology *BEING HUMAN AT WORK*, and a preliminary research study presented at the 2001 International Headache Congress, chronic sufferers can learn to relieve and prevent their cycles of pain with this revolutionary mind-body approach to healing. Classes are forming now that will take you through the process and out the other side to pain-free, normalized living.

Arrive with a headache, and Mundo's soothing words just might calm it into submission, or you may be the lucky sufferer who gets a demo treatment in front of class. Meow.

When: Monday, June 19, 7-8:30 pm
Where: Moving Body Resources
112 E. 27th Street, Suite 402 Street, between 6th and 7th Aves.
Transport: Subway to 28th Street: R, W, 1, 2. Bus M20, M5
Price: Free
Contact: 212-452-0092, info@mundolifework.com to reserve your space
Website: www.mundolifework.com

Jan Mundo, CMSC, CMT is a Passion Coach, body-centered therapist, headache specialist and author with thirty-five years experience handling headaches and migraines. In 1970, she developed the Mundo Method, a touch and concentration modality for headache and migraine relief. In 1993, she created the Mundo Program for mind-body headache management and founded The Headache Healing Center in Berkeley, California.

A Certified Master Somatic Coach, Massage Therapist, Body-Centered and Conscious Relationship Therapist, Jan has taught and lectured at major medical centers, universities, corporations and professional conferences. Her work is published in *Massage & Bodywork Magazine*, *BEING HUMAN AT WORK*, *Journal Cephalalgia*, *Spiritual Midwifery*; and *The Farm Vegetarian Cookbook*; she is currently writing a book about the headache healing journey. Recently relocated to Manhattan, she offers private sessions, workshops and professional trainings.