

# 免受頭痛和壓力

## Freedom from Headaches & Stress



### To Learn

- The Different **Types** of Headaches & **Causes**
- How to **Manage** and **Eliminate** Headaches
- How to **Reduce Stress**
- The Different **Types** of Stress & Their **Effects**

Free Educational Presentation  
in English by

### **Dr. Lorne Papernick**

Dr. Papernick obtained his **Master Degree in Education** along with his Bachelors of Science and his Doctor of Chiropractic. He has **educated people** on how to keep everything in your **body working well** with the help of chiropractic.



All are welcome to attend at no cost



AGOAC

#### This event is held:

Date: Tuesday, November 28, 2017

Time: 7:15pm – 8:15pm

Place: Activities Room 1 (AR1)

Angus Glen Community Centre

Please send registration to [service1@agoac.ca](mailto:service1@agoac.ca) or visit [www.agoac.ca](http://www.agoac.ca) for information