



Headache Wellness Center

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Headache-Healthy Lifestyle

The providers at Headache Wellness Center are committed to addressing all of your headache risks. Although medication management is an important component to most headache treatment, identification and modification of headache risks are an essential part of treatment.

Your personal commitment to making positive, headache-healthy, lifestyle choices increases your chance for headache improvement. Failure to make recommended changes may create significant barriers for successful treatment.

The following areas will be addressed during your visits at our center:

- Obesity and weight management
- Exercise
- Diet and nutrition
- Sleep
- Stress management
- Improved mental and behavioral health
- Caffeine use
- Smoking
- Other substance and medication use

We will work with you to create a treatment plan specific for your needs. Many of the above areas can be managed within our center. Other areas may require additional referrals outside of our practice.