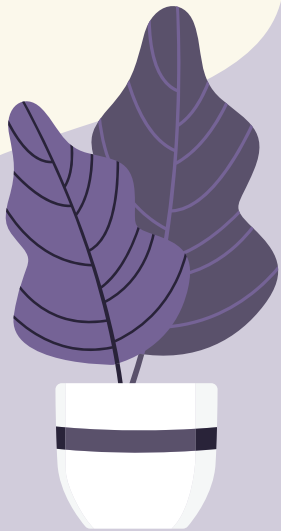




RETREAT MIGRAINE



AGENDA

November 5-9

2020

DAY 1

THURSDAY, NOV 5 - AGENDA

- 1:00 - 1:15 pm** | **Opening**
Eileen Brewer, Kevin Lenaburg & Marcia Kavulich
- 1:15 - 2:00 pm** | **RetreatMigraine Alumni Panel**
Alexis Ziegler, Catrina Groves, Michelle Tracy, Sarah Shehorn, Tracie Tysinger & Dianne Stevens
- 2:00 - 2:40 pm** | **Combating Migraine Stigma**
Dr. Bill Young, Shoshana Lipson, Wendy Bohmfalk & Christina Daigneault
- 2:40 - 3:00 pm** | **Patient Perspective**
Jenn Heater

- 6:00 - 6:45 pm*** | **Yoga**
Adriane Dellorco
- 6:00 - 6:45 pm*** | **Crafting - Flower Making and Discussion**
Cat Charrett-Dykes & Eileen Brewer
- 6:45 - 7:30 pm** | **Framework for Migraine Pathways, Treatments & Symptoms**
Kevin Lenaburg
- 7:30 - 8:00 pm** | **Balancing Treatments & Concerns**
Dr. Nina Riggins & Rebecca Brook

DAY 2

FRIDAY, NOV 6 - AGENDA

- 1:00 - 1:15 pm** | **Opening Announcements**
Eileen Brewer, Kevin Lenaburg & Marcia Kavulich
- 1:15 - 2:00 pm** | **Diversifying Our Community & Reducing Disparities in Headache Medicine**
Anikah Salim & Jaime Sanders
- 2:00 - 2:30 pm** | **"I Want A New Drug"**
Dr. Tim Smith
- 2:30 - 3:00 pm** | **Chronic No More**
Paula Dumas, Lisa Mingus & Angie Glaser

- 6:00 - 6:45 pm** | **What Headache Doctors and Patients Can Learn From Each Other**
Katie M. Golden & Dr. Abby Chua
- 6:45 - 7:30 pm** | **Has Anyone Ever... Unexpected Symptoms of Migraine**
Dr. Rick Godley & Kerrie Smyres
- 7:30 - 8:00 pm** | **Mindfulness for Migraine**
Bonnie Butler

ALL TIMES LISTED ARE EASTERN TIME

*Concurrent Sessions

DAY 3

SATURDAY, NOV 7 - AGENDA

- 1:00 - 1:45 pm **Walk & Talk**
Kevin Lenaburg
- 1:45 - 2:30 pm* **Pregnancy & Parenting with Migraine**
Lisa Benson, Eileen Brewer & Sylvia Lucas
- 1:45 - 2:30 pm* **Migraine Later in Life**
Nancy Bonk & Mary Franklin
- 2:30 - 3:00 pm **Migraine at Work**
Sarah Sheppard

- 6:00 - 7:00 pm **Developing a Migraine Nutrition Plan**
Alicia Wolf
- 7:30 - 10:00 pm **Pajama Party with Games**
Eileen Brewer & Katie M. Golden

DAY 4

SUNDAY, NOV 8 - AGENDA

- 1:00 - 1:15 pm **Opening Announcements**
Eileen Brewer & Kevin Lenaburg
- 1:15 - 2:00 pm **Compassion with Comorbidities**
Dr. Melissa Geraghty
- 2:00 - 3:00 pm **The Power of Local Media: Sharing Your Story as an Op-Ed**
US Pain Foundation, Ed Coghlan,
Nicole Hemmenway & Katie M. Golden

- 6:00 - 6:45 pm* **The Men's Room: A Discussion For Men About Migraine**
Carl Cincinnato, Kevin Patton &
Dr. Paul Mathew
- 6:00 - 6:45 pm* **Being a Better Care Partner for Someone with Migraine**
Karl Dumas, Darnell Sanders, Chris
Charrett-Dykes & Dennis Rotondi
- 6:45 - 7:30 pm **Recent Survey Results from Migraine Patients**
Kevin Lenaburg, Beth Morton, Caroline
Brooks, Dr. Dawn Buse & Marcia Kavulich
- 7:30 - 8:00 pm **Covid-19 & Migraine**
JP Summers & Dr. Dawn Buse

ALL TIMES LISTED ARE EASTERN TIME

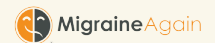
*Concurrent Sessions

DAY 5

OUR COALITION

MONDAY, NOV 9 - AGENDA

1:00 - 1:15 pm	Opening Announcements Eileen Brewer, Kevin Lenaburg & Marcia Kavulich
1:15 - 2:00 pm	Understanding Insurance Approvals & Denials Erin Bradshaw, Alex Vasquez & Jeanette Argueta
2:00 - 2:45 pm	Types of Migraine Disease Alexes Griffin, Dr. Greg Tokarsky & Gina Fabrizio
2:45 - 3:00 pm	Migraine at School Amy Graham & Melissa Piercey
6:00 - 6:30 pm	Strategies for Avoiding the ER Dr. Bill Young & Tammy Rome
6:30 - 7:00 pm	Bounce Back, Bounce Forward Margot Andersen & Dr. Lindsay Weitzel
7:00 - 8:00 pm	Advocacy Opportunities for People with Migraine Meghan Buzby, Jess Napier, Shirley Kessel, Cat Charrett-Dykes, Katie MacDonald, Cindy Steinberg, Joe Coe, Daniel King, Lindsay Videnieks & Nim Lalvani
8:00 - 8:15 pm	Closing Eileen Brewer & Kevin Lenaburg



ALL TIMES LISTED ARE EASTERN TIME