



## June: Don't Stop Learning

Join BHS for this month's Café Series as we look at ways to keep your mind clear and focused on enjoying your vacation plans.

### Webinar: **Migraine Awareness**

*Presented by: Dianne Frager, MSN, RN, CPT*

**Tuesday, June 14 @ 12:30 p.m. EST**

One in four households in the United States has someone who suffers from migraine headaches, according to the National Institute of Neurological Disorders and Stroke. Additionally, migraines cost the U.S. \$13 billion a year in missed work or reduced productivity. Tune into this webinar as we provide basic information on migraines, triggers and symptoms of this condition as well as options to combat migraine pain.

### Webinar: **How to Unplug on Vacation**

*Presented by: Dianne Frager, MSN, RN, CPT*

**Tuesday, June 28 @ 1 p.m. EST**

Unplugging on vacation doesn't have to mean cutting yourself off entirely from the Internet— you can still have a relaxing break staying connected to friends and family. If you're having a hard time keeping yourself from checking work emails on your vacation, then connect with us for some helpful tips.



### Here Are Two Easy Ways to Register:

1. Click on this link: <http://goo.gl/yGbRSh>
2. Visit your organization's My BHS Portal and find the registration link under "Upcoming Live Webinars" under the "Café Series" tab.

Take   
time to  
tune in.