

Barrow Headache Education Symposium for Patients



Saturday, May 18, 2024

Sonntag Pavilion

Barrow Neurological Institute, Phoenix, AZ



Barrow
Neurological Institute

Lewis
Headache Center

Goal

To provide patients with education on headache basics, an opportunity to practice helpful techniques, and an environment to connect with other headache patients.

Format

A combination of specialized lectures, patient social connection and mindfulness practice. Lunch will be provided.

Target Audience

Lewis Headache Center patients and their family members.



AGENDA *(Location: Sonntag Pavilion)*

Saturday | May 18, 2024

7:30 a.m. Welcome Coffee/Tea

8 a.m. Opening Remarks

Kerry Knievel, DO

8:05 a.m. Tension Type Headache

Juliana Kroese, PT

8:25 a.m. Why Does My Neck Hurt When I Have a Migraine?

Kerry Knievel, DO, Scott Kreiner, MD

8:55 a.m. Q and A

Kerry Knievel, DO, Scott Kreiner, MD, Juliana Kroese, PT

9 a.m. Break

9:30 a.m. Migraine Basics

Olivia Kingsford, DO

9:50 a.m. Infusion Treatments for Headache

Kerry Knievel, DO

10:05 a.m. Sleep and Headache

Matthew Troester, DO

10:25 a.m. Q and A

Olivia Kingsford, DO, Kerry Knievel, DO, Matthew Troester, DO

10:30 a.m. Mindfulness in Action

Juliana Kroese, PT

10:45 a.m. Strategies for Anxiety

Jennifer Gray, PhD

11:15 a.m. Social Connection

Jennifer Gray, PhD, Juliana Kroese, PT

11:45 a.m. Lunch

Guest Faculty

Matthew Troester, DO

Neurologist
Canyon Sleep Neurology and
Wellness

Barrow Neurological Institute Faculty

Kerry Knievel, DO

Director
Lewis Headache Center

Olivia Kingsford, DO

Fellow
Headache Medicine

Courtney Schusse, MD

Neurologist
Migraine and Headache Disorders

Scott Kreiner, MD

Physiatrist, Interventional Spine
Specialist

Jennifer Gray, PhD

Clinical Psychologist
Lewis Headache Center

Juliana Kroese, PT, RYT, C-IAYT

Physical Therapist and Certified
Yoga Therapist
Migraine and Headache Disorders



Registration Information

Patient

Free

Barrow Headache Educational Symposium is free of charge due to the generous donation by Jan and Tom Lewis.



REGISTER NOW

<https://register.dignityhealth.org/profile/84475>

For more information, please contact the Barrow Continuing Medical Education Office at CME@BarrowNeuro.org.

