

Barrow Headache Education Symposium for Patients



Saturday, Oct. 15, 2022

Sonntag Pavilion
Barrow Neurological Institute, Phoenix, AZ



Barrow
Neurological Institute

Lewis
Headache Center

Goal

To educate on headache basics, practice techniques that can help, and connect with headache patients.

Format

A combination of lectures, a yoga class, and group sessions.
Note: Please wear comfortable clothes for yoga.

Target Audience

Lewis Headache Center patients and their family members.



AGENDA *(Location: Sonntag Pavilion)*

Saturday | Oct. 15, 2022

8:55 a.m. Opening Remarks

Karissa Secora, MPAS, PA-C

9 a.m. Migraine and Headache Basics

Nicholaus Scarfo, MPAS, PA-C

9:20 a.m. Approach to Treatment: Acute, Prevention, Lifestyle

Karissa Secora, MPAS, PA-C

9:40 a.m. Physical Therapy and Wellness

Juliana Kroese, PT, RYT, C-IAYT

10 a.m. Q and A

10:30 a.m. Break

11 a.m. Headache and Nutrition

Elham (Ellie) Majidi, MS, RD

11:20 a.m. Knowing Your Options: Considerations for Benefits and Work

Sadie Kleiman, LMSW

11:40 a.m. Pain Psychology

Petra Peper, PhD

Noon Q and A

12:15 p.m. Lunch

1 p.m. Caring Connections: Meet and Greet

Sadie Kleiman, LMSW

2 p.m. Yoga Class and Meditation

Juliana Kroese, PT, RYT, C-IAYT

3 p.m. Closing Remarks

Guest Faculty

Allison Crain, MD

Family Medicine
Dignity Health St. Joseph's Hospital
and Medical Center

Petra Peper, PhD

Psychologist
Private Practice

Barrow Neurological Institute Faculty

Kerry Knievel, DO

Director
Lewis Headache Center

Jennifer Robblee, MD

Neurologist
Lewis Headache Center

Shane Root, MD

Neurologist
Lewis Headache Center

Courtney Schusse, MD

Neurologist
Lewis Headache Center

Glynnis Zieman, MD

Neurologist
Concussion and Brain Injury Center

Karissa Secora, MAPS, PA-C

Physician Assistant
Lewis Headache Center

Nicholaus Scarfo, MPAS, PA-C

Physician Assistant
Lewis Headache Center

Juliana Kroese, PT, RYT, C-IAYT

Physical Therapist and Certified
Yoga Therapist
Migraine and Headache Disorders

Sadie Kleiman, LMSW

Social Worker
Migraine and Headache Disorders

Elham (Ellie) Majidi, MS, RD

Clinical Dietitian
Department of Neurology



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/77844>

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

