



**A\*R\*M\*S**  
**CHRONIC MIGRAINE**  
**AWARENESS, INC.**

Chronic Migraine Awareness, Inc. is a 501(c)(3) nonprofit, the voice of the chronic migraine community, offering support, information, and education to empower individuals to advocate for their own health.

**A\*R\*M\*S**

Advocates Removing Migraine Stigma (ARMS) is a volunteer program of Chronic Migraine Awareness, Inc. offering our members the ability and resources to:

- Help the chronic migraine community
- Fight against migraine stigma
- Increase education about this disease
- Share resources and bring purpose out of their journey with chronic migraine disease

**There are opportunities for everyone!**

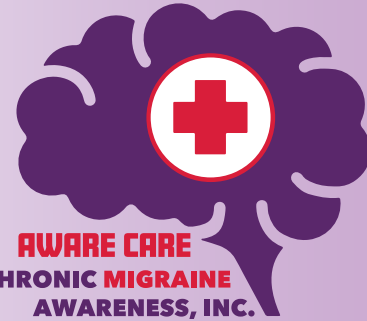
Social Media Maverick  
Colonel of Communication  
Event General  
ARMS Recruiter  
Head of State  
Care Partner Crew  
CMA Support Squad/Triage Kits

**FIND US ONLINE!**

**chronicmigraineawareness.org**

@CMAware @chronicmigraineawareness

SCAN ME!



**AWARE CARE**  
**CHRONIC MIGRAINE**  
**AWARENESS, INC.**

**CMAware Care**  
**Programs Include:**



**RALLY AGAINST**  
**CHRONIC MIGRAINE**

#RallyAgainstChronicMigraine is a social initiative to help people "rally," fight, and persevere against migraine disease.



**SUPPORT SQUAD**  
**CHRONIC MIGRAINE**  
**AWARENESS, INC.**

**SUPPORT SQUAD**

Volunteers that are committed to surrounding another member going through a difficult time with love and compassion.



**TRIAGE**  
**CHRONIC MIGRAINE**  
**AWARENESS, INC.**

**TRIAGE KIT**

Care packages of comfort and support items sent by the Support Squad to members who are going through a particularly difficult time.

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