

**The community has helped my  
migraine journey by...**



#YouNeedCommunity #MHAM #RallyAgainstChronicMigraine

# Instructions

Thank you for downloading this printable Rally Against Chronic Migraine photo poster. During the month of June every year people living with migraine disease show the world just what we're made of as we #RallyAgainstChronicMigraine.

This year, as part of National Migraine & Headache Month, we are celebrating our the community around us in June. How has community helped you in your migraine journey? That's what we hope you will answer in the poster. Take a photo holding up your poster and tag us in your social media posts using the following hashtags:

#YouNeedCommunity #MHAM #RallyAgainstChronicMigraine

