

Migraine Canada marks World Migraine Awareness Day on June 21

Join Migraine Canada as we recognize the nearly 12 percent (4.3 million) of Canadians who suffer from migraines and other headache disorders.

Next week, landmarks across Canada will light up to mark World Migraine Awareness Day on June 21. Migraine Canada has also launched a series of videos, webinars, and podcasts to help inform the community about the burden of migraines and other headache disorders and is holding the first-ever awareness event “Move for Migraine” across Canada. See below for more details.

Quote: “Migraine is a commonly misunderstood and disrespected disease. The World Health Organization (WHO) classified the constant nature of chronic migraine as more disabling than blindness, paraplegia, angina or rheumatoid arthritis. This is the time to end the stigma Canadians face on a daily basis and put migraine on the map.” Wendy Gerhart, Executive Director

Quote: “Every day in my practice I hear stories of suffering, of cancelled activities, of the lonely quest for relief, of guilt, self-doubt and feeling isolated. We can overcome the burden of migraine together, by sharing stories, being supportive, increasing knowledge and working on our country’s system so everyone can access proper care. That’s my dream and now we are a team working on it!” Dr. Elizabeth Leroux, Neurologist & Board Chair of Migraine Canada.

Illuminated landmarks

- Victoria - BC Legislative Buildings: June 22
- Vancouver - BC Place: June 22
- Vancouver - Sails of Light at Canada Place: June 22
- Vancouver - Science World: June 21, 4 - 8 p.m.
- Vancouver City Hall and Burrard Bridge: June 22
- Calgary - Calgary Tower: June 21
- Calgary - Telus Spark Science Centre: June 21
- Edmonton - High Level Bridge: June 22
- Toronto Pearson Airport "Light Up the Runway": June 21
- Toronto CN Tower: June 21 (every half hour)
- Toronto – Toronto sign at Nathan Phillips Square: June 22

- Niagara Falls: June 21, 10:15 - 10:30 p.m.
- Charlottetown - City Hall: June 21

Move for Migraine: <https://migrainecanada.org/move-for-migraine-canada/>

Webinars: <https://migrainecanada.org/event-directory/>

Podcasts: <https://migrainecanada.org/migraine-talks/>

Videos: <https://migrainecanada.org/videos/>

Migraine Canada is a nationally registered charity organization dedicated to improving the lives of all Canadians living with migraine and other headache disorders. Our vision is to see that all Canadians living with migraine and headache disorders are diagnosed, treated and supported so their quality of life is optimized. Learn more at migrainecanada.org

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