

Managing Fatigue before it manages you

A free 4 week course to help you improve management of your fatigue

**FREE
4 week
course!**



"As an 'invisible' symptom, fatigue is often misinterpreted or misunderstood by family, friends or colleagues."

"What I find is that no one, but no one, who doesn't have fatigue has any idea what it's like."

"The fatigue course wakened me up to more options and not to accept my lot."

- If you are an adult living in Angus with Fatigue you are warmly invited to register for the Fatigue Management Programme.
- Delivered by healthcare professionals the programme aims to provide practical information and suggestions to help you better understand and manage your own fatigue.
- The course is also a great opportunity to meet others who live with fatigue and provide support to each other.

Courses run across Angus to aid local access. Each course runs once a week for four weeks:

Forfar	Tue 22 Oct 2019	1-3pm
Montrose	Tue 27 May 2020	1-3pm
Carnoustie	Tue 21 July 2020	1-3pm



Places are FREE: Register early to guarantee your slot as places are limited.
Book by emailing achppatientcourses.tayside@nhs.net