

Tired of your fatigue owning you?

Come along to our managing fatigue workshop.

VENUE: The Showroom, Tritton Road, Lincoln LN6 7QY

DATE: Thursday 5th September

TIME: 1.00pm – 4.00pm

The day will help you:

Understand fatigue and how it is different for people living with a brain tumour.

Explore how being fatigued is impacting on your quality of life.

Learn about effective strategies so that you can own the fatigue, rather than it owning you.

We know.

Living with a brain tumour makes you feel alone.

Through our successful and established coaching approach, you will come away feeling more resilient, less alone and better able to face the challenges ahead. This event is for patients and caregivers – anyone who is affected by fatigue.

For more information, email jodie@brainstrust.org.uk or call **01983 292 405**. To register visit: www.meetup.com/brainstrust