

# Fatigue Management Workshop

Fatigue causes problems!! Life is also not as much fun and enjoyable when you are tired. It can put a strain on relationships, may make you more susceptible to illness and burnout and can cause accidents etc.... This is preventable. Give yourself a boost of energy with this Fatigue Management Workshop and find real solutions!

This workshop is interactive, and includes a workbook and handouts. You will walk away with a new awareness of Fatigue and Positive Solutions. You will also build your own Personal Plan to move you forward with the changes you would like to make.

It is important not to doze off while learning about Fatigue Management, so this workshop is dynamic, interesting and full of activities. Be ready for a positive impact on your life!

**Presenter:** April Smith  
**Vitalize Initiatives**

**Date:** Tuesday March 6, 2012

**Time:** 7:00—9:00 pm

**Location:** MS Victory Centre,  
#150, 9405 50 Street,  
Edmonton

**Cost:** FREE!!

To register  
please contact  
Reception at  
780-471-3034  
Limited Space!



Edmonton and Capital Region Chapter

