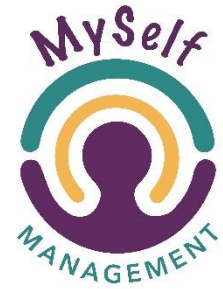


Let's Talk About Fatigue! Agenda

5 September 2pm to 4pm



<i>Time</i>	<i>Speaker</i>	<i>Content</i>
14.00	MySelf Management Joanne McCoy Manager	Welcome and news
14.10	Barbara Flynn Development Officer The Alliance	News and updates
14.20	Fiona McKechnie	Mindfulness Based Therapy for Fatigue: Supporting People with ME/CFS Fibromyalgia and Long Covid.
14.35	Ewan Dale The ME Association	Lived Experience of ME and Long Covid
14.50	<i>Break</i>	
15.00	Alistair Bruce Development Officer The Alliance	Long Covid – The national picture
15.10	Tim Allison Director of Public Health and Policy	Vaccinations update
15.25	Morven May MacCallum	Lyme Disease and Fatigue
15.45	Wendy Urwin Wendy Urwin Nutrition	Nutrition for Fatigue
15.55	MySelf Management	Close