

Understanding and managing Fatigue; an information evening

This evening is designed to support you to as a Carer, you will be able to discuss your own experience of dealing with fatigue, tips on how to recognize triggers in someone you are supporting and what is available to help you navigate your way through everyday tasks after a brain injury.



HEADWAY
OXFORDSHIRE

**19.00- 20.00 on
Monday 16th October**

4 Bagley wood road Kennington OX1 5PL

Headway Oxfordshire is a Charitable Incorporated Organisation: Number 1156538