

Webinar: Energy Management

The Energy Management Webinar is open to parents of children and young people who experience fatigue.

The Webinar aims to help those attending to:

- Explore what is meant by fatigue
- Understand how fatigue impacts energy levels and how this can be managed
- Explore how diet, sleep and exercise relates to fatigue
- Learn some practical tips to try at home.

More details:

- Presented live by members of the Recovering from Illness Paediatric Service
- Online, via Microsoft Teams
- Duration 1 hour
- Pre-submit questions for the facilitators to answer on the day

Can I attend?

You can attend the Webinar if:

- You are a parent/carer/trusted adult of a child or young person living with fatigue
- You live in the area of Aneurin Bevan University Health Board

For more details, and to sign up, please scan the QR code or visit the link below:

<https://forms.office.com/e/Rapf8WreYN>

