

Managing Fatigue after an Acquired Brain Injury Group Program



Fatigue is a very normal part of recovering from an acquired brain injury. It can also be a major barrier to getting on with daily life.

This 4 week program for adults with ABI will teach you

- How fatigue after brain injury is different from general tiredness,
- How to recognise the signs, and most importantly
- How you can manage it so that...

You can be in charge of your fatigue, instead of fatigue being in charge of you.

WHEN: TBA

WHERE: 65 Anzac Highway, Ashford SA

To register please phone 08 7226 3223



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