

Managing Fatigue & Breathlessness

A course held at Great Oaks Hospice over 4 sessions.

Wednesday's 10-12, starting 26th February 2020

Topics include:

- Learning about fatigue, the effect it has on our bodies, and strategies we can use to help with fatigue
- Practical tips for everyday living, and conserving energy
- Discussing shortness of breath, what techniques can we use to try and help with breathlessness
- A mindfulness session & gentle exercise is included in the sessions
- Healthy diet, sleep, and relaxation

Referrals taken from health professionals, for people with a life limiting illness who are suffering with fatigue and/shortness of breath.

Please complete a referral form online or contact:

Ann Hurcomb - Clinical Lead, or Leona Price - Occupational Therapist on: 01594 811910.

ann.hurcomb@great-oaks.org.uk

