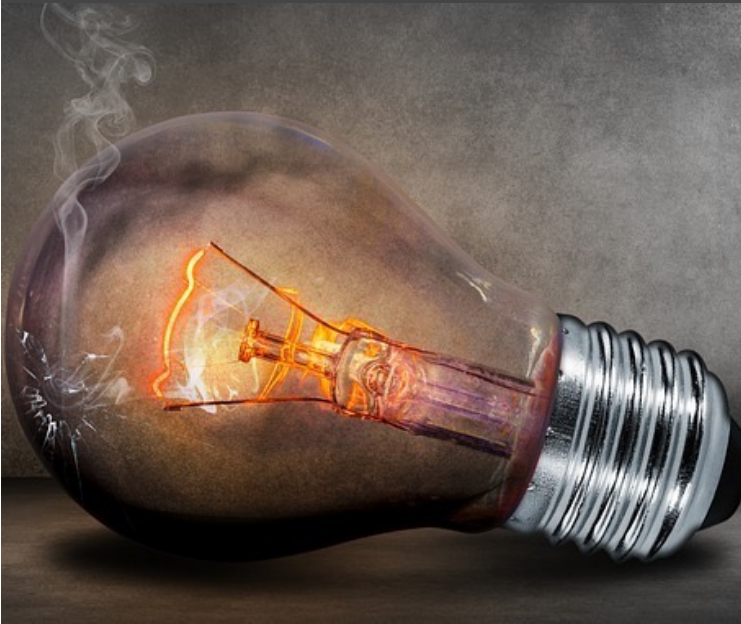


# Fatigued?

## Learn How to Manage Your Energy



**Kingston Integrated Healthcare Inc. is offering an energy management course designed for adults in the community with fatigue secondary to a chronic illness.**

To benefit from this course, your fatigue must be severe enough to have a negative or inhibitory impact on your daily life and function. This six week program aims to:

- Decrease fatigue by teaching ways of managing and conserving energy.
- Teach the importance of rest and the proper use of technology, equipment, and body mechanics,
- Help you in designing schedules in order to balance lifestyle and re-integrate daily activities without over extending yourself.

The sessions will use lectures, discussions, and activity stations to teach this information. Homework activities will be assigned to customize learning to

your specific situation. The program will involve one 2-hour session every week. Participants are expected to attend all sessions, participate in class discussions and activities, and complete all homework assignments.



**Instructor:** Phillip Wendt,  
OTReg.(Ont.)  
Occupational Therapist

**When:** Mondays 2-4pm, June 8th to July 13th

**Where:** 541 Palace Rd, Kingston, ON

**Cost:** \$300\* for six weeks

**613-547-5442 | [www.kihc.ca](http://www.kihc.ca)**