

# 3 Things You Can Do To Improve Fatigue



## Transcription

Bill Gasiamis 0:01

Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com). Do you want to know the three things that you can do to improve fatigue after stroke? Now, a little while ago, I made that post. And there was around 40 or 50 people who responded and said that they would love to know, the three things they can do to improve fatigue after stroke.

Bill Gasiamis 0:23

So now the webinar is only five days away. And you can go to [recoveryafterstroke.com](http://recoveryafterstroke.com). Wait for the pop up to appear. And then when the pop up appears, type in your name and your email address and you receive an email that gives you the details of how to register for the webinar.

Bill Gasiamis 0:43

It's going to be done online via zoom. It's going to be done on Sunday, Australian Eastern Standard Time. But that means that for people that are living on the east coast of the USA, that will be at around about 7pm Saturday evening beforehand.

Bill Gasiamis 1:03

And for the people who can't make it to the live call, you'll be able to get a recording of their call sent to you via email. Once the call has, the webinar has ended, it's going to go for about an hour. And then I'm going to open it up for half

an hour to allow people to ask questions.

Bill Gasiamis 1:23

You can also send your questions in prior to the webinar to bill at [recoveryafterstroke.com](http://recoveryafterstroke.com). So registrations are open now. The email will come to you with all the information that you need to know for the registration of the webinar.

Bill Gasiamis 1:39

And the webinar will be done on zoom on Sunday, Australian Eastern Standard Time at around 11am. If you're in another country, don't worry about missing out, just register and then you'll receive the recording and you'll be able to watch it at any time.

Bill Gasiamis 1:58

It's a free webinar. And anyone who registers will be able to get a better understanding of the three things that you can do to improve fatigue after stroke and believe you me if you thought you can't. And if you thought you're struggling, these are things that will definitely make a difference to what extent I'm not sure because everybody's different.

Bill Gasiamis 2:18

But it will definitely make a difference to you. If you can take responsibility for making your fatigue, less impactful on your own life, then you will get a benefit from this webinar. It's the stuff that I did, that made a massive difference in my recovery journey and decreased the impact of fatigue was having on me, it helped to heal my brain and help to reduce inflammation, and help me become more productive, get more things done during the day and have less sleeps.

Bill Gasiamis 2:48

Especially in those early days when the brain is trying to overwork to compensate for what it's missing, what it can't do, and also what it's really learning how to do. Then also all the regular stuff that we've got to do. So definitely register for this webinar.

Bill Gasiamis 3:05

When you register, you'll receive just a couple of emails, you won't get bombarded. But the information is invaluable. And what I'd love to do is gift that to you guys and get your feedback. I'd really love to know what you think of the

webinar once it's complete. So it's Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) thanks for listening, go to [recoveryafterstroke.com](http://recoveryafterstroke.com) wait for the pop up to appear. enter your details and then you'll receive all the information that you need for the upcoming webinar. Hope you enjoy.

Bill Gasiamis 0:01

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