

How to Improve Fatigue After Stroke



Transcription

Bill Gasiamis 0:00

Bill from recoveryafterstroke.com, there is less than a day to go before the webinar, the things that you can do to reduce fatigue after stroke is going to go live. These three things are the things that you need to know about how to go about influencing in a positive way, your body and your brain to overcome or to manage fatigue better. If you want to be live at the webinar, you can go to recoveryafterstroke.com and download and add your details to the pop up, there'll be a pop up that says that you can register for the webinar there.

Bill Gasiamis 0:39

And you need to pop in your name and email address. And then you will receive an email with the link, click on that link and then register for the zoom live webinar that's going to be held in less than 24 hours from now. So if you don't want to go to recovery after stroke, and do that website, you can just send me a DM, and ask me what the link is and I will forward the link to you so you can jump on and be on there.

Bill Gasiamis 1:08

Now, if the webinar is being run in your country at a time where you'll be sleeping, what I would prefer you to do is stay asleep. And I will send you a

recording of that webinar so that you can access that when you're awake and feeling up to it rather than me keeping you up at night. It's really important that you register those so that you can receive a recording of the webinar.

Bill Gasiamis 1:35

So please go ahead, either send me a direct message or go to recoveryafterstroke.com and fill out the pop-up. If you send me a direct, direct message, just ask me for the link and I'll forward it to you three things that you can do to support fatigue after stroke to make fatigue better after stroke to minimize the impact of fatigue after stroke.

Bill Gasiamis 1:55

You just give me a shout out and I will send you the details. It's Bill from recoveryafterstroke.com jump on now. I look forward to chatting with you tomorrow for the one hour webinar and then 30 minutes of question time where you can ask any questions related to fatigue or any other matter that's stroke-related.

Bill Gasiamis 2:15

Thanks for watching Bill from recoveryafterstroke.com