



Courage



Determination

Endurance



Hope



This is the face of M.E.

250,000 people across the UK have Myalgic Encephalomyelitis (M.E). Anyone, of any age, can be affected. Symptoms include overwhelming exhaustion, poor concentration and memory, unrefreshing sleep, headache, muscle pain and problems with digestion.

Action for M.E. campaigns to improve the lives of people with M.E. and provides information and support. Find out more.

www.afme.org.uk Tel: 0845 123 2380

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