

Fibromyalgia Help

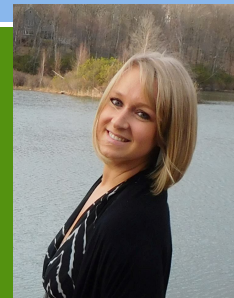
Tuesday, February 25th 6:30 pm

Fibromyalgia is a chronic, long-term condition that includes musculoskeletal pain, fatigue, sleep and memory issues. It can be triggered by a traumatic event like surgery, or can increase over time. Women are far more likely to get fibromyalgia. While there is no cure, there are steps you can take to help! Dr. Nicole Klughers will talk about some of the triggers of fibromyalgia, and daily practices you can do to help.

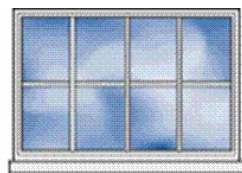
Registration requested.



Health and Wellness



Dr. Nicole Klughers
Naturopathic Physician
Vis Wellness Center



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