

**FREE HEALTH
CARE SEMINAR**

Doctor's Orders



Tired of Being Tired?

Life shouldn't be exhausting,
but too often it is.

Fatigue is a common symptom of several conditions and serious diseases, but may be caused by simple lifestyle factors. Join us as Brittany discusses the many possible causes for feeling chronically tired and the strategies and treatment to help you fight fatigue.

A light lunch will be served.

**Wednesday, January 29
12 noon**

Davis Hospital
Education Classrooms 1-3
1600 W. Antelope Drive
Layton, UT 84041



Presenter:

Brittany Sprague, DNP, FNP-C
Rocky Mountain Women's Health Center



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