

MCPS Well Aware presents

Fatigue Fix

Everyone blames sleep or coffee intake — but what if it's anemia, thyroid dysfunction, vitamin deficiencies, sleep apnea, long COVID, or early insulin resistance? This session walks through medical causes of fatigue, what labs actually matter, and when symptoms require a doctor — not just better meal prep.



- **THURSDAY,**
APRIL 23, 2026
12:00 p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

