

Employee and Retiree Service Center  
*The Bulletin*—April 8, 2026

### **Fatigue Fix: Ways to Overcome Everyday Fatigue**

Everyone blames their fatigue on inadequate sleep or too little coffee—but what if the real cause is anemia, thyroid dysfunction, vitamin deficiencies, sleep apnea, long COVID, or early insulin resistance?

This month's wellness webinar, *Fatigue Fix*, explores the medical causes of fatigue, the lab tests that actually matter, and when your symptoms signal the need for a doctor—not just better sleep or meal prep.

Join Well Aware for *Fatigue Fix* on Thursday, April 23, 2026, at 12:00 p.m. [Email Well Aware](#) to register. After registering, you will receive the webinar link in your Outlook email, along with an Outlook calendar reminder.