



Video – Living with ME

Many people struggle with managing the symptoms of myalgic encephalomyelitis (ME). This 3-part video series will talk about:

- The signs and symptoms of ME
- Effective ways to manage common ME symptoms
- Keeping hope alive and moving forward
- Where to find accurate information about ME

[Watch the 3-part video series.](#) Each video is 20-25 minutes long.

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Alberta Healthy Living
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