

Living with a Neurological Condition



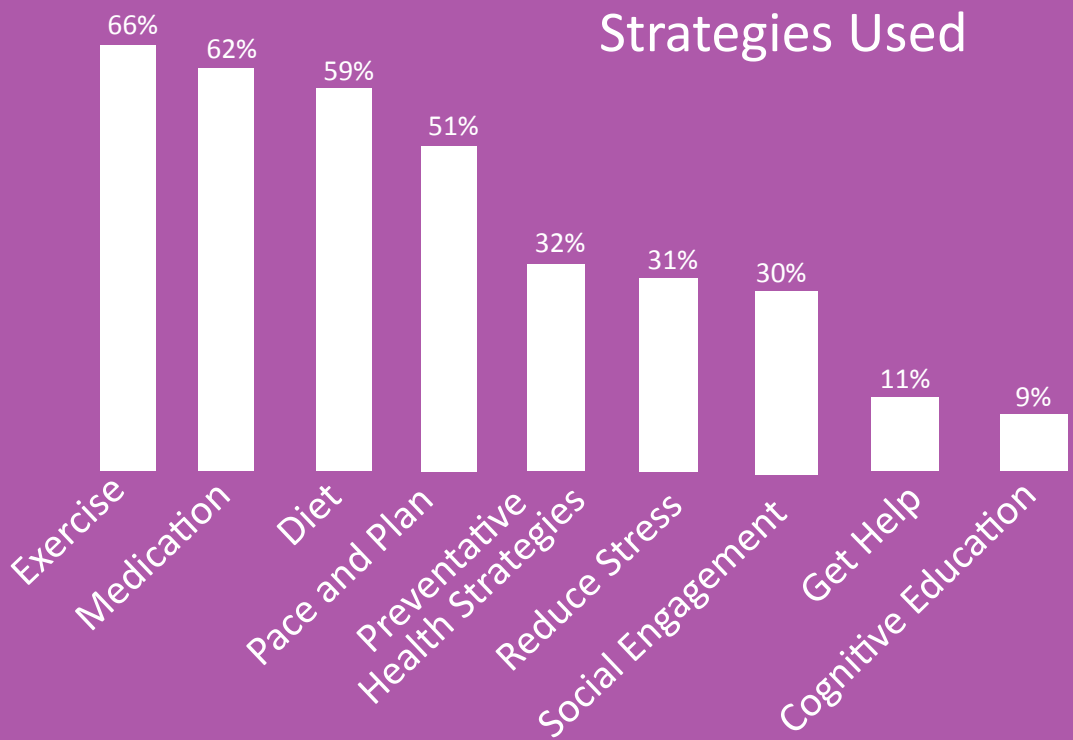
Strategies to self manage health

We talked to 115 people who live with a neurological condition.

We asked about strategies they used to stay healthy.

Almost **9 in 10** experience **fatigue**

Brought to you by The Linc Project



The LINC Project seeks to learn about the effect of a neurological condition on people's health, the resources and supports they use, and their participation in everyday life. For details, visit www.ccmrg.ca/linc

This study is part of the National Population Health Study of Neurological Conditions. We wish to acknowledge the membership of Neurological Health Charities Canada and the Public Health Agency of Canada for their contribution to the success of this initiative.

Funding for the study was provided by the Public Health Agency of Canada. The opinions expressed in this publication are those of the authors/researchers, and do not necessarily reflect the official views of the Public Health Agency of Canada.