

YOU'RE INVITED TO A **ZOOM WEBINAR**

# NAVIGATING THE COMPLEXITIES OF ME/CFS AND LONG COVID

EFFECTIVE STRATEGIES FOR ASSESSMENT, DIAGNOSIS, & ONGOING SUPPORT

**WEDNESDAY 13 NOVEMBER,  
7PM – 8PM**



**DR CATHY  
STEPHENSON**

*FRNZCGP, DCH, DipObs*



**FIONA  
CHARLTON**

*President - Associated NZ Myalgic  
Encephalomyelitis Society Inc (ANZMES)*

ME/CFS and long COVID significantly impact the lives of those living with these chronic conditions. With an estimated 25-45k cases of ME/CFS in Aotearoa and growing numbers of long COVID, primary care practitioners need to feel equipped to assess patients, understand their diverse symptoms, and provide effective support. Join us for an evidence-based, practical webinar that will guide you and your patients through this challenging journey.

This webinar is particularly relevant for GPs, NPs, Nurses, Allied Health professionals, Health Coaches, HIPs, Therapists, Dieticians, and those in patient support roles.

Fiona Charlton, who has lived with ME/CFS since 2008, brings her experience in scientific education, marketing, and governance, leading education and research at ANZMES.

Dr Cathy Stephenson, a GP at a Rangatahi Ora clinic in Porirua, has supported many patients with ME/CFS and long COVID. She brings her passion for addressing inequities in healthcare, with experience in co-authoring articles and presenting on this topic—though she notes she is not a specialist!

## REGISTRATIONS REQUIRED

Use the link:

<https://tinyurl.com/MELONGCOV>

