



Don't ignore M.E.

M.E. has made my world shrink.

My life as I knew it no longer exists.

I am one of the 250,000 men, women and children in the UK living with M.E.

M.E. can affect any one of us, at any time.

But you can make a difference.



Take action at
www.actionforme.org.uk
or call **0117 927 9551**

