

# There are many faces of M.E.

## These are just some of them



250,000 people across the UK have Myalgic Encephalomyelitis (M.E.). Anyone, of any age, can be affected. Symptoms include overwhelming exhaustion, poor concentration and memory, unrefreshing sleep, headache, muscle pain and problems with digestion.

Action for M.E. campaigns to improve the lives of people with M.E. and provides information and support. Find out more.

[www.actionforme.org.uk](http://www.actionforme.org.uk)  
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