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**PEOPLE WITH**

**MYALGIC ENCEPHALOMYELITIS/**

**CHRONIC FATIGUE SYNDROME and**

**LONG COVID**

We need volunteers to take part in the first study of **heart rate monitoring** for

people with ME/CFS and Long COVID

PLEASE GO TO:

[www.physiosforme.com](http://WWW.PHYSIOSFORME.COM) or [www.meassociation.org.uk](http://WWW.MEASSOCIATION.ORG.UK)

to read the information sheet.

This is a feasibility study that will inform a larger study on the effects of HR Monitoring for

People with ME/CFS and Long COVID

Thank you

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