Work Simplification Techniques

- Reducing Workload
- Organizing
- Pacing Yourself
- Planning Ahead
- Decreasing the Stress on Your Body
- Using the Correct Tools

Make An Appointment
651-290-8707
Refer a Patient
651-325-2200

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.

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