

Podcasts and YouTube channels recommended by Brain Health Breakthrough group members:

Long Covid Podcast Jackie Baxter

<https://podcasts.apple.com/gb/podcast/tlc-sessions-living-with-long-covid/id1574768076>

The Long Covid Clinic: What you CAN Do with Dr Bininta Kane and Helen Oakleigh

<https://www.youtube.com/@lccwyd>

Gez Medinger

https://youtube.com/@rundmc1?si=qLxhc_GUghXqAQBC

Raelan Agle

<https://www.youtube.com/@lccwyd>