

# Arbroath Self- Management Course

Chronic Pain is difficult to live with. It is hard to understand, you can't see it and it varies day to day sometimes for no apparent reason. In addition to pain, people often experience frustration, anxiety, stress, sleeplessness, low mood, isolation, communication and relationship problems.



Times and dates are as following and will be online via  
Zoom - 10.30am - 12.30pm

Monday 9th January, Monday 16th January,  
Monday 23rd January, Monday 30th January, Monday 6th  
February

Do you want to learn more about how you can manage your  
chronic pain? Then sign up today by clicking the button  
below.

**PAIN ASSOCIATION**  
SCOTLAND

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HERE](#)