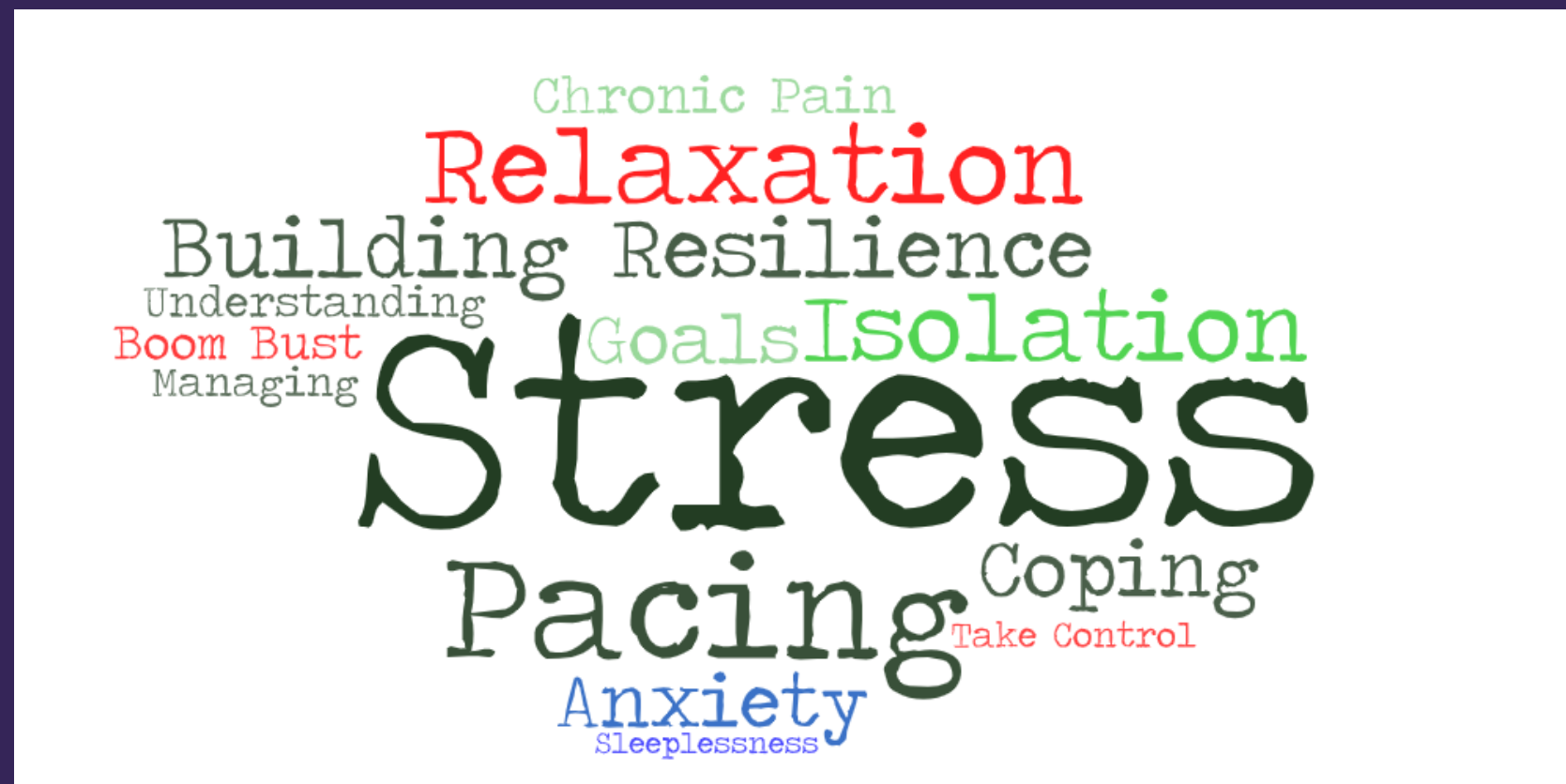


# PAIN ASSOCIATION SCOTLAND

## An introduction to the Self Management of Chronic Pain

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. This brings many challenges.



Pain Association Scotland are running online education sessions which are an introduction to building resilience. The sessions for healthcare professionals will be on the following dates:

Western Isles - Tuesday 21st September 10.30-12

Lanarkshire Tuesday 21st September 2-3.30 pm

Perthsite City & Rural Tuesday 21st September 9.30-11am

Dundee/Angus Tuesday 21st September 11.30am-1pm

Fife Tuesday 21st September 2.00-3.30pm

To sign up for the sessions just click the  
sign up here button



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