

PAIN ASSOCIATION SCOTLAND

Introduction to the self- management of chronic pain

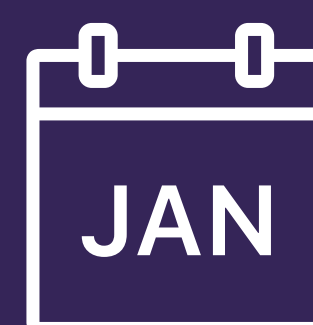
Chronic pain is complex and affects all of life. You can't see it and it can vary from day to day. It is hard to understand both for you and the people around you. In addition to pain, people often experience difficult emotions, stress poor sleep, problems accepting and adapting to change.

This short introductory session will outline the self-management approach to long term pain, offering new ways to manage, cope and improve life.

The sessions times and dates are below and will be online via zoom.

To join one of the sessions click the calendar of the month you wish to attend and sign up online

Thursday 19th January 10.30am - 12pm



Tuesday 14th February 2-3.30pm



Wednesday 22nd March 2-3.30pm



Thursday 13th April 2-3.30pm



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Wednesday 17th May 10.30am - 12pm



Thursday 15th June 2-3.30pm



Thursday 20th July 2-3.30pm



Tuesday 15th August 2-3.30pm



Friday 22nd September 2-3.30pm



Tuesday 17th October 2-3.30pm



Wednesday 22nd November 2-3.30pm



Thursday 7th December 11am -
12.30pm

