PAIN ASSOCIATION SCOTLAND

Do you live in the Western Isles & suffer from Chronic Pain?

Join us on Monday 23rd February 2-4pm for a five week course to help you to manage and cope with a painful condition.

This course helps you understand your pain and discover practical ways to manage it.

Together, we'll explore key self-management topics, including:

Understanding pain • Sleep • Stress & anxiety • Relaxation techniques

Monday 23rd Feb 2pm-4pm

Monday 2nd March 2pm-4pm

Skip week

Monday 16th March 2pm-4pm

Monday 23rd March 2pm-4pm

Monday 30th March 2pm-4pm

To register for the course click the register button