

Do you live in Angus & suffer from Chronic Pain?

Join us on Tuesday 14th July 10.30am - 12.30pm 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



Tuesday 14th July 10.30am - 12.30pm

Tuesday 21st July 10.30am - 12.30pm

Tuesday 28th July 10.30am - 12.30pm

Tuesday 4th August 10.30am - 12.30pm

Tuesday 11th August 10.30am - 12.30pm

The course will be online via Zoom.

To register for the course click the
register button

REGISTER