

Do you live in Arbroath & suffer from Chronic Pain?

Join us on Monday 13th 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



Monday 13th July 10.30am – 12.30pm

Monday 20th July 10.30am – 12.30pm

Monday 27th July 10.30am – 12.30pm

Monday 3rd August 10.30am – 12.30pm

Monday 10th August 10.30am – 12.30pm

The course will be in person at Arbroath Old and Abbey Church West Abbey
Street Arbroath DD11 1EQ

To register for the course click the
register button

REGISTER