

Supporting people to self-manage their pain and live better and happier lives

## Do you live with chronic pain?

My pain had overwhelmed me and I had lost my confidence and drive.

This course has built my confidence and improved my motivation and self-worth.

I am now more confident in being able

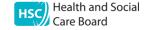
to manage my own pain and I have a more positive outlook Carole, 53, Belfast

Scan the QR code to see all upcoming programmes and taster sessions











## Topics include:

**Take 5 Steps to Wellbeing** 

Sleep

**Pain Toolkit** 

**Self Care** 

**Understanding Pain** 

**Pharmacist Session** 

**Relaxation & Breathing** 

**Gentle Movement & Exercise** 

**Nutrition** 

**Peer Led Session** 

## For more information please contact us.

Details overleaf





