

Angus Intensive self-management course

Chronic Pain is difficult to live with. It is hard to understand, you can't see it and it varies day to day sometimes for no apparent reason. In addition to pain, people often experience frustration, anxiety, stress, sleeplessness, low mood, isolation, communication and relationship problems.

Starting in October and over 5 weeks we will be running a course to help you manage your chronic pain.



Times and dates are as following and will be online 2-4pm

Tuesday 5th October, Tuesday 12th October, Tuesday 19th October, Tuesday 26th October, Tuesday 2nd November

Do you want to learn more about how you can manage your chronic pain?

Then hit the click here button to sign up to the course. If you are having problems signing up online please phone the office on 0800 783 6059

