

PAIN ASSOCIATION SCOTLAND

Finding A New Way Forward

Long term conditions are hard to live with. They can affect all aspects of life and it is easy to get stuck. This course offers an alternative perspective that we hope will help you to see things differently and find new ways forward.



Starting in April and over 5 weeks we will be running an online course to help you find a new way forward.

Times and dates are of the course :

Wednesday 13th April 10.30 - 12.30

Wednesday 20th April 10.30 -12.30

Wednesday 27 April 10.30- 12.30

Wednesday 4th May 10.30- 12.30

Thursday 12th May 10.30-12.30

To sign up to the course just click the button and you can sign up online.

