

# PAIN ASSOCIATION SCOTLAND

## Finding A New Way Forward - For Health & Well Being Perth & Kinross Only

The aim of the course is to help people to improve health and well-being regardless of condition or situation. We will use a person centred approach to give a new perspective. Working in a friendly and interactive way we will look at classic self- management topics that help to improve the quality of life. These will include:

fatigue  
relaxation goal  
sleep pacing  
confidence anxiety  
pain social interaction  
balance of life  
acceptance emotions  
nutrition  
activities stress

Starting in August 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 :

Monday 22nd Aug 2-4pm

Monday 29th Aug 2-4pm

Monday 5th Sept 2-4pm

Monday 12th Sept 2-4pm

Monday 19th Sept 2-4pm

To sign up to the course just click the button and you can sign up online. Or you can email [info@painassociation.com](mailto:info@painassociation.com) or phone 0800

783 6059

