

# PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

## NHS Forth Valley Intensive Self-Management Courses 2017/18

**Falkirk** - Forth Valley Sensory Centre, Red Brae Road, Camelon,  
Falkirk, FK1 4DD - 1.30pm - 4.00pm

**Stirling** – Stirling Community Hospital, Livilands Gate, Stirling, FK8  
**2AU – 10.00am – 12.30pm**

### Dates

Friday 5<sup>th</sup> May  
Friday 12<sup>th</sup> May  
Friday 19<sup>th</sup> May  
Friday 2<sup>nd</sup> June  
Friday 9<sup>th</sup> June

Friday 1<sup>st</sup> September  
Friday 8<sup>th</sup> September  
Friday 15<sup>th</sup> September  
Friday 22<sup>nd</sup> September  
Friday 6<sup>th</sup> October

Friday 12<sup>th</sup> Jan 2018  
Friday 19<sup>th</sup> Jan  
Friday 2<sup>nd</sup> Feb  
Friday 9<sup>th</sup> Feb  
Friday 16<sup>th</sup> Feb

The aim of the intensive course is to help those burdened with Chronic Pain to improve their quality of life by developing skills and understanding in areas such as pacing and stress management.

The self-management course for chronic pain is being run in conjunction with NHS Forth Valley Pain Services. It is considered to be an important next step in a patient's pathway of care.

# 0800 783 6059

enquiries only

## Pain Management Strategies and Support for People in Pain

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