

Angus Self-Management Course for Chronic Pain

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.



Times and dates are as following and will be in person 2-4pm at:

Forfar Community Campus, Kirriemuir Road, Forfar, DD8 3TG

Mon 8th April, Mon 15th April, Mon 22nd April, Mon 6th May, Mon 20th May

Do you want to learn more about how you can manage your chronic pain? Then click the button below to sign up

PAIN ASSOCIATION
SCOTLAND

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HERE