

Physiotherapy - Persistent Pain Introductory Class

This is a class to help you learn more about your pain and how some changes can help you manage your pain better. There will be a 30 minute presentation followed by time for questions.

Phone 0131 536 1060 (Option 3) to book your preferred class (Tues – Thurs between 9am and 12pm)

Please state you are booking onto the Persistent Pain Introductory Class and give your choice of class from the action below:

Monday 19/10/2023	Livingston Ability Centre - Emma	1400-1500
Monday 03/11/2023	Fauldhouse Partnership Centre (Room 2) - Jude	1030-1130
Monday 17/11/2023	Bathgate Health Centre (Physiotherapy Department) - Jude	0930-1030
Monday 27/11/2023	Online Class (details will be provided on booking) - Jude	1400-1500
Monday 05/12/2023	Strathbrock Health Centre – Hazel	1330-1430
Monday 21/12/2023	Blackburn Partnership Centre - Emma	1000-1100
Monday 11/01/2024	Livingston Ability Centre - Emma	1400-1500
Monday 19/01/2024	Fauldhouse Partnership Centre (Room 2) - Hazel	1030-1130
Monday 09/02/2024	Bathgate Health Centre (Physiotherapy Department) - Catherine	0930-1030
Monday 12/02/2024	Online Class (details will be provided on booking) - Jude	1400-1500
Monday 27/02/2024	Strathbrock Health Centre (Physiotherapy Department) – Emma	1330-1430
Monday 14/03/2024	Blackburn Partnership Centre (Multifunction room) - Emma	1000-1100
Monday 28/03/2024	Livingston Ability Centre - Emma	1400-1500
Monday 12/04/2024	Fauldhouse Partnership Centre (Room 2) - Hazel	1030-1130