

## Angus HSCP Chronic Pain Course Dates

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.

Tuesdays 2-4pm – Brechin -  
Brechin Community Campus,  
Duke Street, Brechin DD9 6LB

Jan 17th

Jan 24th

Jan 31st

Feb 7th

Feb 14th

Tuesdays 2-4 pm Online - Zoom

April 4th

April 11th

April 18th

April 25th

May 2nd

# **Angus HSCP Chronic Pain Course Dates**

July - Carnoustie -  
Carnoustie Leisure Centre  
Links Parade, Carnoustie DD7 7JB

Mondays 2-4pm

3rd July

10th July

17th July

24th July

31st July

October Online via Zoom

All Tuesdays 2-4pm

3rd Oct

10th Oct

17th Oct

24th Oct

31st Oct