

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.



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

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

Tuesday 17th January, Tuesday 24th January, Tuesday 31st January, Tuesday 7th February, Tuesday 14th February.

Brechin Community Campus, Duke Street, Brechin,
DD9 6LB

PAIN ASSOCIATION
SCOTLAND

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