

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 (Tuesday—Thursday between 9am and 12 noon.

If phoning to book into the session, please state you are booking onto the Persistent Pain Introductory Class and give your choice of class from the selection below:

Tuesday 22/07/2025	Strathbrock Health Centre	13:30—14:30
Thursday 14/08/2025	Blackburn Health Centre	10:00—11:00
Thursday 04/09/2025	Livingston Ability Centre	15:00—16:00
Friday 29/09/2025	Bathgate Health Centre	09:30—10:30
Monday 20/10/2025	Online Class (details provided on booking)	14:00—15:00