

# PAIN ASSOCIATION SCOTLAND

Pain Association Scotland provides professionally lead group sessions which focus on the self-management of chronic pain.

The course sessions focus on the self-management approach to chronic pain and other long-term conditions. The approach is to look at ways of managing, coping, and improving the quality of life.

## Angus 5 week Online Self-Management Course.

### Course Aims:-

- Manage and cope with painful conditions – develop strategies to cope with chronic pain
- Understand your situation – provide insights into the factors affecting your pain
- Finding new ways to manage the pain – introducing new methods and techniques for pain management
- Improve quality of life – focus on the things you love doing despite the pain



### The Course Dates :

Tuesday 1<sup>st</sup> July 10.30am – 12.30pm  
Tuesday 8<sup>th</sup> July 10.30am – 12.30pm  
Tuesday 15<sup>th</sup> July 10.30am – 12.30pm  
Tuesday 22<sup>nd</sup> July 10.30am – 12.30pm  
Tuesday 29<sup>th</sup> July 10.30am – 12.30pm

To sign up for the course click the sign up button below.

**SIGN UP**