

# Tayside 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.



Times and dates are as following and will online via Zoom.

Monday 8th Jan, Monday 15th Jan  
Monday 22nd Jan, Monday 29th Jan  
Monday 5th Feb

10.30am - 12.30pm

Do you want to learn more about how you can manage your chronic pain? Then sign up today by clicking the button below. If you have problems contact the office on 0800 783 6059

**PAIN ASSOCIATION**  
SCOTLAND

