

# 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 in person at  
Carnoustie Leisure Centre 2-4pm  
Monday 3rd July, Monday 10th July  
Monday 17th July, Monday 24th July  
Monday 31st July

**PAIN ASSOCIATION**  
SCOTLAND

