

**Ayrshire and Arran Chronic Pain Online Self-Management Course**

New intensive self-management course for those living in Ayrshire & Arran for helping you manage your 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:**

10.30-12.30

Tuesday 26th Jan

Tuesday 2nd Feb

Tuesday 9th Feb

Wed 17th Feb

Wed 24th Feb

Do you want to learn more about how you can manage your chronic pain?

Then email [info@painassociation.com](mailto:info@painassociation.com) to find out more information and to book your place.