

INFORMATION SESSION: MANAGING PAIN

Wednesday 30th April, 1-2pm
online via Microsoft Teams

Join us to understand the difference between pain and chronic pain and its impact on you and what the possible triggers could be.

During the talk you'll also learn a little about self-management as well as what kind of things you can do to help you manage your pain in the longer term.



For more information visit

<https://www.eventbrite.co.uk/e/information-session-managing-pain-tickets-1323440418919>

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