

# PAIN ASSOCIATION SCOTLAND



Living in Angus with persistent pain?



Want to do something about it?



Aged 18 or over?



Would you like to manage your pain more effectively?



If you have answered 'yes' to the questions above the Pain Self Management Course may be for you.

**NEXT COURSE STARTING  
Tuesday 3rd July 2018 in Arbroath**

Pain Self Management Course:

- You will be invited to attend a 2.5 hour introductory session
- This is followed up by a further 4 sessions of 2.5 hours if you feel you would benefit from these. Previous participants find they get maximum gain from attending the full course

**To book a place please call the Primary Care Team on (01307) 474889 or by email on [achppatientcourses.tayside@nhs.net](mailto:achppatientcourses.tayside@nhs.net)**