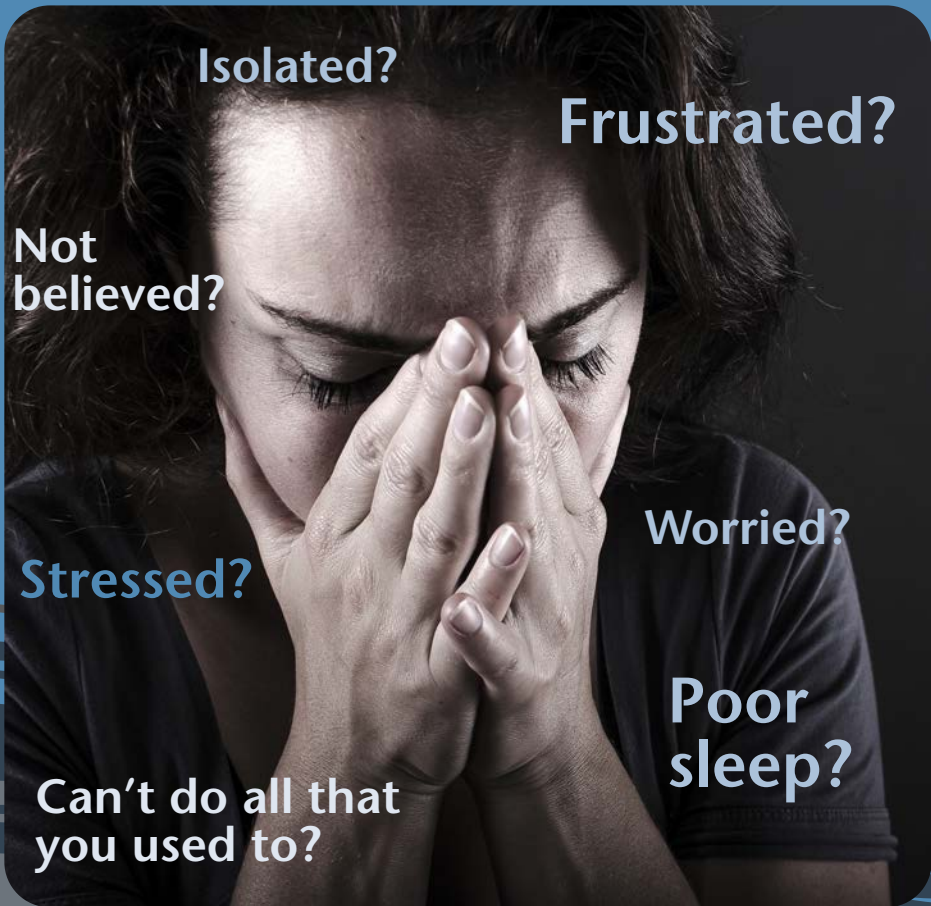


# Do you have long term pain?

Don't understand what's happening?



## Maybe we can help

For further information please see over

Learn more about persistent pain and what you can do for yourself at a two-hour virtual education session.

### **What is the Pain Education Session?**

The Pain Education Session is for anyone who has had persistent pain for 12 weeks or more. The session will give you a better understanding of your pain to help you manage your condition more effectively in the long term.

### **What does it involve?**

We cover the following topics;

- What is physical pain
- Managing your activity
- Managing stress
- Sleep
- Managing flare-ups

### **How will it help me?**

The session is an introduction to help you develop ways of dealing with your pain and should allow you to;

- Learn more about your pain
- Learn how to better deal with stress
- Learn how to manage your activity better
- Learn ways to enjoy life more

### **Who will be there?**

A trainer, who has long term pain themselves, a volunteer and a small group of other people with pain.

### **How long does it last?**

The session lasts for 2 hours with a small break in the middle.

### **Where does it take place?**

Due to the current restrictions these will be held virtually via Microsoft Teams. You will need a laptop, smart phone or tablet to access this and we will email you the joining instructions before the session.

### **What do you need to do now?**

For more information or if you would like to attend a Pain Education Session, call  0141 277 7649.