

Better Days

Pain Support Programme

Supporting people to self-manage their pain and live better and happier lives

Do you live with chronic pain?

"My pain had overwhelmed me and I had lost my confidence and drive.

This course has built my confidence and improved my motivation and self-worth.

I am now more confident in being able to manage my own pain and I have a more positive outlook"

Carole, 53, Belfast

For more information contact

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Department of Health
An Roinn Sláinte
Männystrie O Poustie
www.health-ni.gov.uk

HSC Public Health Agency
Project supported by the PHA

Healthy Living Centre Alliance

HSC Health and Social Care

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Pain Support Programme

Topics include:

- Mental Health
- Sleep
- Pain Toolkit
- Self Care
- Understanding Pain
- Pharmacist Session
- Relaxation & Breathing
- Gentle Movement & Exercise
- Nutrition
- Peer Led Session

For more information please contact us.

Details overleaf

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