

Pain Education Session



What is the Pain Education Session?

The pain education session is for anyone who has had pain for more than 12 weeks. 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:

- The science of pain
- Managing your activity
- How to use your medications
- Managing stress
- Sleep
- Managing flare-ups

How will it help me?

The session is an introduction to help you develop a way of dealing with your pain and should allow you to:

- Know more about your pain
- Understand your medicines
- Learn how to better deal with stress
- Be able to enjoy life more
- Be able to do more

Who will be there?

A trainer, who has chronic pain themselves, a volunteer and a small group of patients who have long-term pain.

How long does it last?

The session is 2 hours long with a short break in the middle.

Where does it take place?

At various venues around the Greater Glasgow and Clyde area. Please call us to find your nearest venue.

What do you need to do now?

If you would like more information or would like to attend the Pain Education Session please telephone **0300 323 9966** or text **07548 229 958** for a call back.

We look forward to seeing you!

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A collaboration with

