



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



**Scan the QR code to see all upcoming
programmes and taster sessions
or call Natasha
028 9031 2377**





Better Days
Pain Support Programme

Topics include:

Take 5 Steps to Wellbeing

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