



## 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*