

CHALLENGING PAIN Workshop

Are you living with long term pain? If you are looking for ways to cope with your pain – this workshop make hold some answers.

The Challenging Pain workshop aims to provide you with easy skills and techniques to manage your pain effectively.

The course consists of a 2 ½ hour session once a week for 2 weeks (in an accessible venue).

Tuesdays 20th July & 27th July (9.30am – 12.noon)

Wednesdays 15th Sept & 22nd Sept (1.30pm – 4pm)

Thursdays 18th Nov & 25th Nov (9.30am – 12noon)

**Venue: Conference Room, Ground floor
Grant Cameron Community Centre
27 Mulley Street, Holder ACT**

BOOK EARLY as places are limited.

Contact Arthritis ACT on 6288 4244 or book online

<https://www.arthritisact.org.au/member/member/misc/events/>