



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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Better Days

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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