

Pain Self-Management Courses - Jan-March 2024

VENUE	DATES	TIMES
The Centre of Wellbeing 2-4 Foyle Road L/Derry BT48 6AX	Beginning on Thursday 25th January 2024 and continuing on the 1st, 8th, 15th, 22nd and 29th of February.	10.30 am-1.00 pm
Strabane Library 1 Railway Street Strabane Bt82 8EF	Beginning on Wednesday 7th February 2024 continuing on the 14th, 21st and 28th February and 6th and 13th of March.	10.30 am-1.00 pm
Remotely via Zoom	Beginning on Tuesday 13th February 2024 continuing on the 20th and 27th February and the 5th, 12th and 19th March	6.30 pm-9.00 pm
Fermanagh House Broadmeadow Place Enniskillen BT74 7HR	Beginning Wednesday 14th February 2024 continuing on the 21st and 28th February and the 6th 13th and 19th March	10.30 am-1.00pm



Managing the Challenge

of living with a long term condition

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VENUE	DATES	TIMES
Omagh Enterprise Great Northern Road Omagh BT78 5LU	Beginning on Thursday 15th February 2024 and continuing on the 22nd and 29th of February and the 7th, 14th and 21st March.	10.30 am-1.00 pm
Dromore Sports Complex 37 Omagh Road Dromore BT78 3AL	Beginning Thursday 22nd February continuing on the 29th February and the 7th, 14th, 21st and 28th March.	10.30 am-1.00 pm

Managing the Challenge is an innovative self-management programme that empowers participants to successfully manage all aspects of living with a long term health condition and pain. It has been designed with the help of healthcare professionals from the WHSCT with proven experience of providing support to those in pain.



Courses can be accessed by contacting your local Health Condition Support Group, Community Action Health Team, your GP or The Managing the Challenge Team:

Email mtc@amh.org.uk or call 028 66720673.



www.amh.org.uk

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