



# 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

Pain Support Programme



## 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*