

Pain Self-Management Courses - July-Sept 2024

VENUE	DATES	TIMES
The Centre of Wellbeing 2-4 Foyle Rd, Derry/Londonderry BT48 6AX	Beginning on Wednesday 4th September 2024 and continuing on the 11th, 18th and 25th of September and the 2nd and 9th October.	10.30 am-1.00 pm
Cashel Community Association 248 Knockmore Rd, Scribbagh, Enniskillen BT93 4BX	Beginning on Tuesday 10th September 2024 and continuing on the 17th, 24th of September and the 1st, 8th and 15th of October	7.00 pm-9.00 pm
Strabane Health Improvement Project 115 Ballycolman Estate, Strabane BT82 9AQ	Beginning on Thursday 19th September 2024 and continuing on the 26th September and the 3rd, 10th, 17th and 24th October	10.30 am-1.00 pm