

Pain Self-Management Courses - Oct-Dec 2024

VENUE	DATES	TIMES
The Centre of Wellbeing 2-4 Foyle Rd, Derry/Londonderry BT48 6AX	Beginning on Thursday 17th October 2024 and continuing on the 24th and 31st October and the 7th, 14th and 21st November	10.30 am-1.00 pm
Roe Valley Arts and Cultural Centre 24 Main St, Limavady BT49 0FJ	Beginning on Wednesday 23rd October 2024 and continuing on the 30th October and the 6th, 13th, 20th and 27th November	10.30 am-1.00 pm
Fermanagh House Broadwater Place Enniskillen Co-Fermanagh BT74 7HR	Beginning on Tuesday 5th November 2024 and continuing on the 12th, 19th and 26th November and the 3rd and 10th of December	10.30 am-1.00 pm

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VENUE	DATES	TIMES
The Gillaroo Centre Garrison Co-Fermanagh BT93 4ER	Beginning Wednesday 6th November 2024 and continuing on the 13th, 20th and 27th November and the 11th of December	10.30 am-1.00 pm
The Stone Circle Centre Main Street Tempo BT94 3RU	Beginning on Thursday 7th November 2024 and continuing on the 14th, 21st and 28th November and the 5th and 12th December	10.30 am-1.00 pm



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.