

## Pain Self-Management Courses - Jan-Mar 2025

VENUE	DATES	TIMES
Online via Zoom	Beginning on Thursday 30th January and continuing on the 6th, 13th, 20th and 27th February and the 6th March	7.00 pm - 9.00 pm
Dromore Sports Complex 37 Omagh Road Dromore BT783AL	Beginning on Thursday 30th January and continuing on the 6th, 13th, 20th and 27th February and the 6th March	10.30 am-1.00 pm
Belleek Community Centre 7 Station Road Belleek Co-Fermanagh BT93 3FY	Beginning on Wednesday 5th February and continuing on the 12th, 19th and 26th February and the 5th and 12th March.	10.30 am-1.00 pm
The Koram Centre 12 Railway Street Strabane BT82 8BG	Beginning on Tuesday 18th February and continuing on the 25th February and the 4th, 11th, 18th and 25th March.	10.30 am-1.00 pm



# Managing the Challenge

of living with a long term condition

## Pain Self-Management Courses - Oct- Dec 2024

VENUE	DATES	TIMES
The Centre of Wellbeing 2-4 Foyle Rd, Derry/Londonderry BT48 6AX	Beginning Tuesday 25th February and continuing on the 4th, 11th, 18th and 25th March and the 1st April	10.30 am-1.00 pm
Fermanagh House Broadmeadow Place Enniskillen Co-Fermanagh BT74 7HR	Beginning on Wednesday 5th March and continuing on the 12th, 19th and 26th March and the 2nd and 9th April	10.30 am-1.00 pm
Strule Arts Centre Townhall Square Omagh BT78 1BL	Beginning on Wednesday 12th March and continuing on the 19th, 26th and the 2nd and 9th and 16th April	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](mailto:mtc@amh.org.uk) or call 028 66720673.**



[www.amh.org.uk](http://www.amh.org.uk)

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