

PAIN MANAGEMENT CLASSES



Providing NHS services

Introductory Session

Education on pain management

Where: Canterbury Medical Practice

When: August 9th

Living with chronic pain can make day to day life more difficult. We are running pain management classes to support patients in the understanding and management of their pain. The introductory session will be to a larger group dedicated to education on the various aspects of chronic pain management through a holistic approach to improving your physical and mental wellbeing.

Group sessions:

Limited spaces

Five subsequent sessions will be delivered to smaller groups of 8. There will be a mix of learning and applying management methods for chronic pain from our multi-disciplinary healthcare team.

What previous participants say:

"Best thing I've done ever. Understand chronic pain in a completely new way. Thank you."

"Really nice group of people, very knowledgeable professionals."

WHO WILL I MEET AT THESE SESSIONS?



First Contact Physiotherapist



Social Prescribing Link Workers



Mental Health Practitioners



Clinical Pharmacist

How do I sign up?

If you would like to attend the introductory session please reply to the text message we sent you. There will be an opportunity to sign up to the group sessions on the day. Please note that places will be limited, however there will be a waiting list for later group sessions.

ANY QUESTIONS?

For more information you can reply to the text message or send an email to:

kmicb.carecoordinator@nhs.net