

# CHRONIC PAIN COURSE

FIND OUT WHAT WORKS, WHY IT WORKS  
AND DO MORE OF IT

Join our **free online live webinars** hosted by **Dr Mike Scanlan** and **Suzy Dion**, where you will learn extra skills to cope with chronic pain. You will be also offered a self-help and support group hosted by SPRING, where you can share your experiences and knowledge with other people who live with chronic pain.



## ONLINE WEBINARS: 6pm - 7pm

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22ND AUGUST

12TH SEPTEMBER

29TH AUGUST

19TH SEPTEMBER

5TH SEPTEMBER

23RD SEPTEMBER

If you want to know more or wish to opt in please email [suzy.dion@nhs.net](mailto:suzy.dion@nhs.net) with your name, email address, contact telephone number and your GP surgery to allow follow-up after attendance.

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## ONLINE SPRING INTRO - 12pm - 1pm

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8TH AUGUST

15TH AUGUST

## ONLINE WEBINARS: 6pm - 7pm

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12TH SEPTEMBER

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