

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.



MAIN COURSE

27th February - 2nd of April 2024:
6pm - 7pm

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

Northamptonshire I.C.B. have commissioned General Practice Alliance to provide these webinars.

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ONLINE SPRING INTRO

13th February 2024: 6pm - 7pm

COMPLETING WELLBEING STAR

20th February 2024: 6pm - 7pm

MAIN COURSE

27th February - 2nd of April 2024: 6pm - 7pm

If you want to know more or wish to opt in please email northamptongpa.spring@nhs.net with your name, email address and telephone number so we are able to contact you.