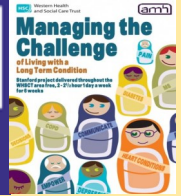


Managing the Challenge

of living with a long term condition



Introduce a **New** Self Management Course

Managing Chronic Pain

6 week course 1 day a week (2.5hrs)

Manage pain

Set Goals

Build Self Esteem

Make Changes

Improve Quality of life

Starting September 2018 at venues near you

Foyle Arena

Altnaglevin Hosptial

Roe Valley Arts Centre Limavady

Melvin Sports Centre Strabane

Omagh Library

Oak Healthy Living Centre Fermanagh

Fermanagh House

To make a referral or book your place contact

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AMH New Horizons Fermanagh

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