

SELF MANAGEMENT BITESIZE



MANAGING PAIN

A workshop on pain exploring some tips to help you manage your pain

Wednesday 30th
November
2pm-4pm

FIBROMYALGIA

A workshop on Fibromyalgia exploring some simple techniques to help you self manage

Tuesday 6th December
11am-1pm

To register for a Zoom session please go to:
[Self-Management Bitesize Registration Form](#)

or for more information please email:
livewell@versusarthritis.org



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