



Better Days
Pain Support Programme

Social, physical
and mental health
support programme
for people living
with pain

Delivered on **zoom**
Video Communications

Do you live with chronic pain?

“ My pain had overwhelmed me and I had lost my confidence and drive.

This course has built my confidence and improved my motivation and self-worth.

I am now more confident in being able to manage my own pain and I have a more positive outlook
Carole, 53, Belfast ”

For more information contact

Natasha Moore | Pain Programme Co-ordinator

E: nmoore@lorag.org | T: 028 90312377 ext.2

M: 07939406277