

**Free Community Pain Management Programme for…. speaking people**

**The Multicultural Health Service ……is running a 6 week Pain Management program to help people cope with chronic pain**

**Learn how to:**

* Understand pain
* Manage stress
* Eat and sleep well to improve pain
* Exercise without making pain worse

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Who can attend:

* Have you had pain for more than 6 months?
* Does the pain interfere in your daily life?
* Are you independently mobile?
* Are you able and willing to attend the program for 6 weeks (3 hours, once a week for 6 weeks)?

**Where: address**

**When: dates**

**Time: 9:30- 12:30**

**Duration: 6 weeks**

**Refreshments provided**

**For more information call to bilingual health worker name and phone number or the national translation Service TIS**

Phone: 131450

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