

ARE YOU LIVING WITH LONG-TERM PAIN?

WE ARE HERE TO HELP!

HOW OUR SERVICE CAN SUPPORT YOU:



**DEDICATED TIME WITH
A HIGHLY TRAINED
HEALTH AND
WELLBEING COACH**



**WEEKLY SESSIONS
WORKING TOWARDS
YOUR GOALS**



**HELPING YOU LIVE A
BETTER LIFE, MANAGE
YOUR PAIN AND DO
THE THINGS YOU
WANT TO DO**

ASK OUR SURGERY RECEPTIONIST FOR MORE INFORMATION OR MENTION IT TO YOUR GP