



**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](mailto:nmoore@lorag.org) | T: 028 90312377 ext.2**

**M: 07939406277**