

LIVING WELL WITH PAIN

“Versus Arthritis gave me a new life. Before completing the pain management course I was in a very dark place. The course helped me to accept my diagnoses, taught me how to deal with my difficult emotions, helped me with decision making and how to pace myself. Most of all it helped me realise that though my old life had gone, I have a new exciting life ahead of me”.

**NORTHERN
IRELAND
VERSUS
ARTHRITIS**

