



SOAR Health & Wellbeing:

Pain
Support
Group
Tuesday
14th October 2014
12:30pm – 2:30pm
Sorby House

Information:

Venue:

Sorby House
42 Spital Hill
Burngreave
S4 7LG

Cost and Duration:

This is a FREE service
12:30-2:30pm
Following sessions
28th October 2014

Contact:

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www.soarcommunity.org.uk

This is an opportunity for those who suffer from Pain to socialise with likeminded people and gain new skills to self-manage Pain. Including workshops around pain management, relaxation, massages and meditation.

Translators are available.

This is a fortnightly service, everyone is welcome. The sessions are delivered by Development worker and Supported by Page Hall Practice Champions.

