

# Sore? Know More!

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## Do you have long-term pain? Is it getting in the way of doing what matters?

**Sore? Know More!** is a support service run by the Fife Pain Management Service. Explore the options available and find out about community based support to self-manage your pain.

These sessions will run on alternate Thursdays until 31 March 2022. Booking is essential for safety.

This is an information service and not a replacement for assessment or treatment of your pain condition.

**Book your free session now**

Thursdays 12–2pm at Cowdenbeath Leisure Centre

Telephone: **01383 674106**

(Monday to Friday, 9.30am–4pm)

