

# Living Well with Back Pain



**Do you want to manage your back pain  
more effectively ?**

**Do you want to be part of a group to help  
you do that?**



**6 week programme**

**Thursdays 3.30-5pm**

**Here at the Akerman Centre**

**Speak to Reception or your GP for more details**

**Making changes to your lifestyle**

**Rest, relaxation and sleep**

**Exercising safely and getting back to fitness**

**Understanding and dealing better with your  
back pain**