

DO YOU OR SOMEONE YOU LOVE HAVE PAIN?

IF SO - READ ON - FOR PRACTICAL AND THOUGHTFUL HELP -
AND FREE!!



FOOTSTEPS

2020/21

FootSteps 20/21 is a brand new, online 12-month 'festival' for people to live well with pain. It's organised by a group of people with personal and professional experience of pain.

**1st December 5:30 pm UK time-
Mindfulness**

Often misunderstood but helpful for many as a pain management tool; a taster session to demystify and explore different approaches and experiences.

**15th December 5:30 pm UK time-
Christmas Drinks**

'Ask me anything' with people who live well with pain and clinicians.

**8th December 5:30 pm UK time-
Explain Pain**

Join us in an interactive session making the science of pain accessible and near the new thinking with a mix of animations and short snappy videos from those with lived experience and clinicians.

Each of these sessions will be lively and interactive as well as having Q&A with lived experience people, clinicians, and carers. To come along to the December sessions, please email footstepsfestival2020@gmail.com

We will send you the Zoom link and really look forward to meeting you online!

Supported by <http://my.livewellwithpain.co.uk/>