



# Beyond the pain

**Do you live with chronic pain or have a long term health condition?**

**Would you like to live a joyful & fulfilling life?**

A step by step course designed to help lighten the load of living with pain so that it doesn't dominate your life.

- Beyond the pain uses mindful meditation & body awareness techniques
- Learn how to take control of your pain & get back in touch with who you really are
- Be at peace with your body

**“Beyond the pain” is a “FREE” 7 week course held at The Orange Box, Thomas St, Halifax. The next course is starting on:**

**Monday 7<sup>th</sup> March 2016, 12.30 – 2.30pm**

**If you want to join us or want further info please call Kath@ Healthy Minds on 01422 345154**

