

Looking for help with fibromyalgia or chronic pain?

Find it with the  **Fibromyalgia and Chronic Pain Support Group**

- Share experiences
- Get lots of ideas to help manage fibromyalgia and pain
- Support each other towards a life beyond pain

We meet on the first Thursday of every month at 1 - 3pm at the Energise Centre and we're here for anyone from Salford. Just come along.

For more information call the Energise Centre reception on 0161 212 5700 or email energise@biglifecentres.com

'It is a great relief to know that I am not alone, and that we can share information and help each other in whatever way we can.'

Fibromyalgia and Chronic Pain Support Group Member

Energise Centre
Live life to the full

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t @energisecentre

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