

Are you suffering from chronic pain, stomach-ache, headaches
or other troubling persistent physical symptoms
that have not been helped by treatment so far?

If so our new **WELL-BEING PROGRAMME** is for you!

Can attend **INFORMATION EVENTS** to help you understand your symptoms

Can attend a **“STRATEGIES FOR BETTER LIVING”** Group
to help you manage your symptoms

at the **Medical Centre** 121 Star Lane, Canning Town, London E16 4QH

Times: Mondays 11.30am -13.00; 13.30pm – 15.00

Can attend a **“MINDFULNESS-BASED STRESS REDUCTION”** group
to help you think about yourself and your symptoms differently