

# #PAINMATTERS

A free event for anyone affected by Fibromyalgia or long-term musculoskeletal pain.

**Tuesday 26 February 2019**



**At the Brighthelm Centre,  
North Road, Brighton, BN1 1YD**

**Drop in between 10:30am and 3:30pm**

**What helps?**

**What gets in  
the way?**

**What's  
working?**

**What's not  
working?**

We will look at how people living with Fibromyalgia and long-term musculoskeletal pain can live well.

Attendees will include local support and voluntary services for Brighton and Hove and the surrounding area.

Free refreshments and lunch

Visit [www.eventbrite.co.uk/e/pain-matters-tickets-53855611584on](http://www.eventbrite.co.uk/e/pain-matters-tickets-53855611584on) for more information

**Here**

Sussex MSK Partnership  
Central