

**Living Well with**

**Shoulder Pain?**

**The Do’s and Don’ts for managing your condition**

**Thursday 13th February 2025**

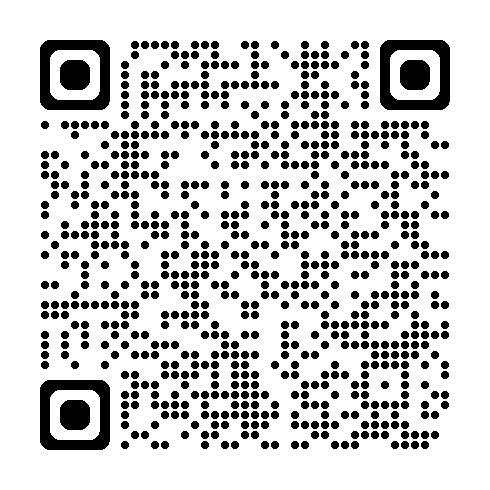
**2-4pm**

**Hamilton Road Community Hub**

**39 Hamilton Road, Bangor**

**BT20 4LF**

**Book your free place by scanning the QR code:**

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