



Chronic pain community education

Public lecture - Goulburn

People living with chronic pain, their family members, carers, friends, and the wider community are invited to attend this free event, focused on understanding persistent pain, local pain management initiatives and social isolation programs.

Topics

Local pain management initiatives

- Southern NSW LHD Pain Coordinator information - local programs (e.g., movement, relaxation and education sessions)
- Speaker: Southern NSW Chronic Pain Coordinator
- Duration: Approx. 30 minutes

Understanding persistent pain - Supporting helpful management:

- Speaker: St Vincent's Pain Fellow
- Duration: 60 minutes

Social prescribing programs (for addressing loneliness)

- Speaker: Primary and Community Care Services (PCCS) representative
- Duration: Approx. 30 minutes



[REGISTER NOW](#)

Scan the QR code to register to attend

Thursday 28 August 2025 3pm - 5pm

At the Mercure, Goulburn - 2 Lockyer St, Goulburn

Afternoon tea provided