

UNDERSTANDING PAIN

SESSION TIMETABLE

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

Date	Time	Location
Monday 26th June	1.30pm – 3.30pm	Cafe West Healthy Living Centre, BD15 7PA
Weds 28th June	12.30pm – 2.30pm	Sutton Community Centre, Bradford, BD4 8NB
Thursday 29th June	12.30pm – 2.30pm	Rockwell Community Centre, BD10 8DP
Monday 4th July	10.00am – 12.00pm	Windhill Community Centre, Shipley, BD18 2NR
Weds 5th July	12.00pm – 2.00pm	Skipton Town Hall, Skipton, BD23 1AH
Weds 5th July	5.00pm – 7.00pm	Online (link sent via email)
Monday 10th July	5.00pm – 7.00pm	Clayton Village Hall, Bradford, BD14 6QN
Tuesday 11th July	12.00pm – 2.00pm	Online (link sent via email)

[CLICK HERE FOR MORE DATES](#)

To book your place:

Call: Ruth on 07565789465 or Richard on 07512892365

Email: info@rethinkingpain.org

or speak to your Rethinking Pain health coach.



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Date	Time	Location
Mon 18th September	12.30pm – 2.30pm	The Place, Settle, BD24 9RH
Tues 19th September	10.00am – 12.00pm	Millside Community Centre, Bradford, BD1 2HS
Weds 20th September	12.00pm – 2.00pm	The Thornbury Centre, Bradford, BD3 8JX
Mon 25th September	1.00pm – 3.00pm	Westend Centre, Bradford, BD5 9DH
Tues 26th September	12.00pm – 2.00pm	Parkside Community Centre, Bradford, BD5 8DB
Weds 27th September	5.00pm – 7.00pm	Central Hall, Keighley, BD21 3JD
Weds 4th October	5.00pm – 7.00pm	Online (link sent via email)
Saturday 7th October	10.00am – 12.00pm	Online (link sent via email)

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Date	Time	Location
Mon 13th November	1.30pm – 3.30pm	Cafe West Healthy Living Centre, BD15 7PA
Tues 14th November	12.00pm – 2.00pm	Skipton Town Hall, Skipton, BD23 1AH
Weds 15th November	12.30pm – 2.30pm	Sutton Community Centre, Bradford, BD4 8NB
Mon 20th November	10.00am – 12.00pm	Sedbergh Centre, Odsal, Bradford, BD6 1DJ
Tues 21st November	12.30pm – 2.30pm	Rockwell Community Centre, BD10 8DP
Weds 22nd November	5.00pm – 7.00pm	Online (link sent via email)
Thurs 23rd November	12.00pm – 2.00pm	Windhill Community Centre, Shipley, BD18 2NR
Mon 27th November	12.00pm – 2.00pm	Online (link sent via email)

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