

BELIEFS, FAITH, SPIRITUALITY & PAIN

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

Together, we will explore concepts of good health and illness from a **beliefs perspective**, and how your beliefs and values relate to your pain management decisions.

We also practically outline what you can do to apply learning and knowledge from attending this workshop in relation to your beliefs, spiritual or religious life, in your pain management approach.

The workshop will be a small, interactive, and informal group, run by our adult health education GP specialist and the Rethinking Pain team.

What to expect by attending:

- Explore the concept of health and illness from a beliefs, spirituality or faith perspective
- Managing persistent pain as a long-term condition – what works and what doesn't
- Learning how core principles of beliefs, spirituality or faith link to modern pain management principles
- How to apply this learning and knowledge to your spiritual or religious life and pain management approach



To book a place contact us on the below details:



www.rethinkingpain.org



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