

DIET THERAPY

For people with persistent pain.

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

What you eat and drink can influence your experience of living with long-term pain, and small changes you make to your diet and food habits can support pain management and recovery.

JOIN US to find out about how what you cook, buy, eat and drink can become part of your pain management toolkit, by attending a fun and friendly group, full of real-life food tips and ideas.

Examples of topics covered:

- Small changes you can make to your eating habits.
- Food and sleeping better.
- How to eat better when you have pain flare ups.
- Weight management and pain.
- Top tips for cooking and eating well for people with pain.

Here's what people said who came along:

"It's like you're building me back up! giving me options and tools, other than pills. Like I wouldn't have known there was food that can help with my pain".

This diet therapy support is developed for you by AfN registered dieticians and nutritionists.



For more information or to book your place locally, either speak to your Rethinking Pain Health Coach or email us on:
info@rethinkingpain.org



www.rethinkingpain.org



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