

UNDERSTANDING PAIN

ONLINE TIMETABLE



Date	Time	Location
Monday 22nd April 2024	12.00pm – 2.00pm	Online (link sent via email)
Wednesday 22nd May 2024	5.00pm – 7.00pm	Online (link sent via email)
Saturday 8th June 2024	10:00am – 12:00pm	Online (link sent via email)
Monday 15th July 2024	2.00pm – 4.00pm	Online (link sent via email)
Thursday 15th August 2024	5.00pm – 7.00pm	Online (link sent via email)
Monday 16th September 2024	9:00am – 11:00am	Online (link sent via email)
Saturday 12th October 2024	10:00am – 12:00pm	Online (link sent via email)
Thursday 14th November 2024	12.00pm – 2.00pm	Online (link sent via email)
Monday 16th December 2024	5.00pm – 7.00pm	Online (link sent via email)
Tuesday 14th January 2025	1.00pm – 3.00pm	Online (link sent via email)
Wednesday 19th February 2025	5.00pm – 7.00pm	Online (link sent via email)
Tuesday 18th March 2025	12.00pm – 2.00pm	Online (link sent via email)

To book your place:

Call: Rizwana on 07724 868212 or speak to your Rethinking Pain health coach.

Email: info@rethinkingpain.org

