

UNDERSTANDING PAIN

FULL TIMETABLE



Date	Time	Location
Wednesday 22nd May 2024	5.00pm - 7.00pm	Online (link sent via email)
Tuesday 28th May 2024	10.00am - 12.00pm	Sedbergh Youth & Community Centre Odsal Fire Station Huddersfield Road, BD6 1DJ
Tuesday 28th May 2024	1.30pm - 3.30pm	Restore Recovery College Bizspace Business Centre, Knowles Lane, BD4 9SW
Thursday 30th May 2024	10.00am - 12.00pm	Clayton Village Hall 1 Reva Syke Road, Bradford BD14 6QN
Thursday 30th May 2024	2.00pm - 4.00pm	Thornton Community Centre Market Street, Thornton, Bradford BD13 3HW
Wednesday 5th June 2024	11.00am - 12.30pm	Woodroyd Community Centre Greenway road, BD5 8EL Urdu/Punjabi
Saturday 8th June 2024	10:00am - 12:00pm	Online (link sent via email)
Thursday 20th June 2024	10.30am - 12.30pm	TFD Centre Broadstone Way, Holme Wood, BD4 0BH Urdu/Punjabi

To book your place:

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

Email: info@rethinkingpain.org



Rethinking Pain is a service led by Keighley Healthy Living (KHL) in collaboration with HALE, Bradford District Health & Care Partnership, VCS Organisations & Primary Care Networks.

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Monday 24th June 2024	10.00am - 12.00pm	Reevy Centre Bedale Drive, BD6 3ST In English with Urdu Support
Monday 24th June 2024	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH
Tuesday 25th June 2024	10.00am - 12.00pm	Glusburn Institute - Community And Arts Centre Colne Road, Glusburn, Keighley BD20 8FQ
Tuesday 25th June 2024	3.00pm - 5.00pm	The Thornbury Centre 79 Leeds Old Rd, Bradford BD3 8JX
Thursday 27th June 2024	10.00am - 12.00pm	Kala Sangam 1 Forster Square, Bradford BD1 4TY
Thursday 27th June 2024	2.00pm - 4.00pm	Cottingley Community Centre The Parade, Town Centre, Bingley BD16 1RP

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