

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 help with pain management and feeling better.

JOIN US to find out about how what you eat and drink, buy and cook can change your experience of pain. You can attend one of our friendly workshops in-person or join us online.

Examples of topics covered:

- Foods to eat and foods to avoid
- Food for mood and sleeping better
- Eating when you have pain flare ups
- Food swaps, portion sizes and meal ideas
- What foods, vitamins and minerals may help
- Anti-inflammatory and immunity boosting eating



Here's what people who came along said:

"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".

"I made small changes to my eating and my pain flares less often".

For more information or to book your place, either speak to your Rethinking Pain Health Coach or email:

info@rethinkingpain.org

To book a place contact us via the details below:



www.rethinkingpain.org



info@rethinkingpain.org



[@rethinkingpain](https://www.youtube.com/rethinkingpain)

KHL Healthy
Living

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