

# DIET THERAPY

For people with persistent pain



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



Date	Time	Venue
Tuesday 28th January (In Urdu - Mixed Group)	1.00pm - 3.00pm	Thornbury Medical Centre Rushton Avenue, BD3 7HZ
Friday 31st January (In Arabic - Women Only)	11.00am - 1.00pm	Bradford Foundation Trust 203 Westgate, BD1 3AD
Tuesday 11th March	10.00am - 12.00pm	Kala Sangam 1 Forster Square, Bradford BD1 4TY
Tuesday 11th March	2.00pm - 4.00pm	The Sutton Centre 51 Kyffin Place, BD4 8NB
Wednesday 12th March	10.00am - 12.00pm	St John's Community Church 19 Carr Bottom Road, Greengates, BD10 0BB
Wednesday 12th March	2.00pm - 4.00pm	HALE 1 Westgate, Shipley BD18 3QX
Thursday 13th March	10.00am - 12.00pm	Online (link sent via email)

To book a place contact us via the details below:



[www.rethinkingpain.org](http://www.rethinkingpain.org)



[info@rethinkingpain.org](mailto:info@rethinkingpain.org)



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



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