

UNDERSTANDING PAIN

FULL TIMETABLE



Date	Time	Location
Friday 17th January (In Arabic - Women Only)	11.00am - 1.00pm	Bradford Foundation Trust 203 Westgate, BD1 3AD
Tuesday 21st January (In Urdu - Mixed Group)	1.00pm - 3.00pm	Thornbury Medical Centre Rushton Avenue, BD3 7HZ
Tuesday 21st January	10.00am - 12.00pm	Windhill Community Centre Church St, Windhill, Shipley BD18 2NR
Tuesday 21st January	2.00pm - 4.00pm	The Sutton Centre 51 Kyffin Place, BD4 8NB
Wednesday 22nd January	12.00pm - 2.00pm	Great Horton Community hub 69 Beldon Road, Bradford BD7 3PE
Thursday 23rd January	2.00pm - 4.00pm	Shine West Bowling St Stephens Church, Donisthorpe St, BD5 7BH
Monday 3rd March	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH
Tuesday 4th March	10.00am - 12.00pm	The Thornbury Centre 79 Leeds Old Rd, Bradford BD3 8JX
Thursday 6th March	10.00am - 12.00pm	Cottingley Community Centre The Parade, Town Centre, Bingley BD16 1RP
Thursday 6th March	2.00pm - 4.00pm	Christchurch Ilkley The Grove, Ilkley LS29 9LW

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.