

MORE ON: MANAGING PAIN



If you have already attended our '**Understanding Pain Workshop**' you will have some knowledge of what pain is, how the body responds to pain and about the benefits of approaching your pain management more holistically - by setting goals that work around your social, emotional, physical and environmental circumstances (day-to-day life, put simply!).






NEXT STEPS...

Attending the **More on Managing Pain workshop** allows us to dig a little deeper into some topics covered in **Understanding Pain** and provides an opportunity to gain more understanding, discuss topics that matter to you and use 'pacing' to do the things that you want to.

Date	Time	Venue
Friday 7th March	10.00am - 12.00pm	The West End Community Centre Christopher Street, BD5 9DH
Thursday 13th March	2.00pm - 4.00pm	Christchurch Ilkley The Grove, Ilkley LS29 9LW
Tuesday 25th March	10.00am - 12.00pm	Online (Link Sent Out Via Email)
Tuesday 25th March	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH
Thursday 27th March	1.30pm - 3.30pm	Great Horton Community hub 69 Beldon Road, Bradford BD7 3PE

Rethinking Pain supports people with persistent pain in their community, to approach their pain management more holistically, alongside any clinical care they receive.

To book a place contact us on the below details:

 www.rethinkingpain.org  [07724868212](tel:07724868212)  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.