

# SLEEP THERAPY

For people with persistent pain.

RETHINKING  
**PAIN**  
COMMUNITY-BASED  
PAIN SUPPORT

**If you have persistent pain and are regularly struggling to fall asleep, stay asleep or are suffering from lack of sleep – read on!**

**JOIN US** to find out more about how pain affects sleep. Get tips and ideas and discover techniques to support you to have better quality sleep (*because it is likely there are several causes for your sleeping difficulties*). As well as advice, you'll also meet other people with sleep challenges, share experiences, and hear what they've found helpful to get a better nights rest.

Date	Time	Venue
Monday 31st March	10.00am – 12.00pm	The Thornbury Centre 79 Leeds Old Rd, Bradford BD3 8JX
Monday 31st March	2.00pm – 4.00pm	Online (link sent via email)
Tuesday 1st April	10.00am – 12.00pm	HALE 1 Westgate, Shipley BD18 3QX
Tuesday 1st April	2.00pm – 4.00pm	Manningham Mills Sports & Community Association Scotchman Rd, Bradford BD9 5AT



**To book a place contact us via the details below:**



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



07724868212



[info@rethinkingpain.org](mailto: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.