

# UNDERSTANDING PAIN

## TIMETABLE



Date	Time	Location
Tuesday 15th April 25	10.00am - 12.00pm	Soroptimist international 28 Otley St, Skipton BD23 1EW
Tuesday 15th April 25	2.00pm - 4.00pm	Manningham Mills Sports & Community Association Scotchman Rd, Bradford BD9 5AT
Thursday 17th April 25	10.00am - 12.00pm	Shine West Bowling Donisthorpe Street, BD5 7BH
Thursday 17th April 25	2.00pm - 4.00pm	HALE 1 Westgate, Shipley BD18 3QX

**To book your place:**

**Call:** Rizwana on 07724 868212 or speak to your Rethinking Pain health coach.

**Email:** [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.