

DIET THERAPY PART ONE & TWO

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



PART ONE - TIMES, DATES, LOCATIONS

Date	Time	Venue
Monday 19th May	10.00am - 12.00pm	Shine West Bowling Donisthorpe Street, BD5 7BH
Tuesday 20th May	10.00am - 12.00pm	HALE 1 Westgate, Shipley BD18 3QX
Tuesday 20th May	2.00pm - 4.00pm	Online (link sent via email)
Wednesday 21st May	10.00am - 12.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH

PART TWO - TIMES, DATES, LOCATIONS

Date	Time	Venue
Tuesday 27th May	10.00am - 12.00pm	HALE 1 Westgate, Shipley BD18 3QX
Tuesday 27th May	2.00pm - 4.00pm	Online (link sent via email)
Wednesday 28th May	10.00am - 12.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH
Thursday 29th May	10.00am - 12.00pm	Shine West Bowling Donisthorpe Street, BD5 7BH

To book a place contact us via the details below:



www.rethinkingpain.org



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