

ACCEPTANCE & TAKING CONTROL OF YOUR PAIN



ACCEPTANCE THAT PERSISTENT PAIN IS PART OF YOUR LIFE IS NOT THE SAME AS 'GIVING UP'. IT IS MORE ABOUT GIVING UP THE STRUGGLE WITH PAIN AND LEARNING TO LIVE YOUR BEST LIFE, DESPITE IT.

Accepting persistent pain as part of your life is not easy; it might be hard to accept that you are not quite the person you were and that things have changed. But rather than struggling to avoid your pain, you can learn to observe, understand, accept it and take back control.

By joining this workshop you can start to look at yourself, your thoughts, feelings and the future in a different, more helpful way - and switch your energy and focus to living well.



Date	Time	Venue
Monday 7th July	10.00am - 12.00pm	HALE 1 Westgate, Shipley BD18 3QX
Monday 7th July	2.00pm - 4.00pm	Glusburn Community And Arts Centre Colne Road, BD20 8FQ
Tuesday 8th July	10.00am - 12.00pm	Millside Community Centre 131 Grattan Road, BD1 2HS
Tuesday 8th July	5.00pm - 7.00pm	Online (Link to be sent via email)

To book a place contact us via the details below:



www.rethinkingpain.org



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.