

# 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
Wednesday 4 <sup>th</sup> June	1.00pm - 3.00pm	The Place in Settle 1 Commercial Courtyard, BD24 9RH
Monday 9 <sup>th</sup> June	10.00am - 12.00pm	Bierley Community Centre 102 Bierley House Avenue BD4 6BU
Monday 9 <sup>th</sup> June	2.00pm - 4.00pm	Online (Link Sent Out Via Email)
Tuesday 10 <sup>th</sup> June	10.00am - 12.00pm	Baildon Community Link 35 Cliffe Avenue, Baildon, BD17 6NX

**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](http://www.rethinkingpain.org)  [07724868212](tel: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.