

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 30 th June	9.30am - 11.30am	Soroptimist international 28 Otley St, Skipton BD23 1EW
Monday 30 th June	2.00pm - 4.00pm	Clayton Village Hall Reva Syke Road, Clayton, BD14 6QN
Wednesday 2 nd July	5.00pm - 7.00pm	Online (link sent via email)
Thursday 3 rd July	10.00am - 12.00pm	St John's Community Church 19 Carr Bottom Road, BD10 0BB



To book a place contact us via the details below:



www.rethinkingpain.org



07724868212



info@rethinkingpain.org

KHL Healthy
Living

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.