

# UNDERSTANDING PAIN

## TIMETABLE



Date	Time	Location
Monday 2 <sup>nd</sup> June	10.00am - 12.00pm	Thornton Community Centre Market Street, Thornton, BD13 3HW
Tuesday 3 <sup>rd</sup> June	10.00am - 12.00pm	Windhill Community Centre Church St, Windhill, BD18 2NR
Wednesday 4 <sup>th</sup> June	2.00pm - 4.00pm	The Sutton Centre 51 Kyffin Place, BD4 8NB
Thursday 5 <sup>th</sup> June	2.00pm - 4.00pm	Great Horton Community hub 69 Beldon Road, Bradford BD7 3PE

**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)



**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.