

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 13 th October	10.00am - 12.00pm	Skipton Town Hall High Street, Skipton, BD23 1AH
Monday 13 th October	2.00pm - 4.00pm	Bierley Community Centre 102 Bierley House Avenue BD4 6BU
Tuesday 14 th October	10.00am - 12.00pm	Baildon Community Link 35 Cliffe Avenue, Baildon, BD17 6NX
Tuesday 14 th October	2.00pm - 4.00pm	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.