

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
Monday 8 th December	10.00am - 12.00pm	Online (Link Sent Out Via Email)
Tuesday 9 th December	10.00am - 12.00pm	Shine West Bowling St Stephen's Church, BD5 7BX
Thursday 11 th December	10.00am - 12.00pm	St John's Community Church 19 Carr Bottom Road, BD10 0BB
Thursday 11 th December	2.00pm - 4.00pm	HALE 1 Westgate, Shipley BD18 3QX

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



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.