

UNDERSTANDING PAIN

TIMETABLE



Date	Time	Location
Monday 6 th October	1.00pm - 3.00pm	The West End Community Centre Christopher Street, BD5 9DH
Tuesday 7 th October	10.00am - 12.00pm	Millside Community Centre Millside House, 131 Grattan Road, BD1 2HS
Tuesday 7 th October	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH
Thursday 9 th October	2.00pm - 4.00pm	St Hugh Community Church Coach Road, Shipley BD17 5HS
Monday 17 th November	10.00am - 12.00pm	Kala Sangam St Peters House, Forster Square, BD1 4TY
Monday 17 th November	2.00pm - 4.00pm	Cafe West, Wanstead Crescent, Allerton, BD15 7PA
Tuesday 18 th November	10.00am - 12.00pm	Baildon Community Link 35 Cliffe Avenue, Baildon, BD17 6NX
Thursday 20 th November	10.00am - 12.00pm	St John's Community Church 19 Carr Bottom Road, Greengates, BD10 0BB

To book your place:

Call: Rizwana on 07724 868212 or speak to your Rethinking Pain health coach.

Email: 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.