

UNDERSTANDING PAIN

TIMETABLE



Date	Time	Location
Monday 12 th January	2.00pm - 4.00pm	Thornton Community Centre Market Street, Thornton, BD13 3HW
Tuesday 13 th January	10.00am - 12.00pm	Baildon Community Link 35 Cliffe Avenue, Baildon, BD17 6NX
Tuesday 13 th January	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH
Wednesday 14 th January	5.00pm - 7.00pm	Online (link sent via email)
Monday 2 nd March	10.00am - 12.00pm	Bradford Arts Centre St Peters House, Forster Square, BD1 4TY
Monday 2 nd March	2.00pm - 4.00pm	Bierley Community Centre 102 Bierley House Avenue BD4 6BU
Tuesday 3 rd March	10.00am - 12.00pm	Shine West Bowling Donisthorpe Street, BD5 7BH
Tuesday 3 rd March	1.00pm - 3.00pm	The Gateway Centre 45 Thackeray Road, Ravenscliffe BD10 0JR

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.