

MORE ON MANAGING PAIN

DIG A LITTLE DEEPER



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 **More on Managing Pain** 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 techniques 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 to manage their persistent pain in their community, using more holistic methods alongside any clinical care they receive.

To book a place, contact us using the details below:



www.rethinkingpain.org



info@rethinkingpain.org



07724868212



Rethinking Pain is a service led by Keighley Healthy Living (KHL) in partnership and collaboration with HALE, VCS Organisations, Bradford District Health & Care Partnership & Primary Care Networks