

DIET THERAPY PART ONE & TWO

For people with persistent pain



What you eat and drink can influence your experience of living with long-term pain, and small changes you make to your diet and food habits can help with pain management and feeling better.

JOIN US to find out about how what you eat and drink, buy and cook can change your experience of pain.

You can attend one of our friendly workshops in-person or join us online.

Examples of topics covered:

- Foods to eat and foods to avoid
- Food for mood and sleeping better
- Eating when you have pain flare ups
- Food swaps, portion sizes and meal ideas
- What foods, vitamins and minerals may help
- Anti-inflammatory and immunity boosting eating



PART ONE - TIMES, DATES, LOCATIONS

Date	Time	Venue
Monday 9 th March	10.00am - 12.00pm	Windhill Community Centre Church St, Windhill, Shipley BD18 2NR
Tuesday 10 th March	10.00am - 12.00pm	Cottingley Community Centre The Parade, Town Centre, Bingley BD16 1RP
Wednesday 11 th March	5.00pm - 7.00pm	Online (link sent via email)
Thursday 12 th March	2.00pm - 4.00pm	Great Horton Community hub 69 Beldon Road, Bradford BD7 3PE

PART TWO - TIMES, DATES, LOCATIONS

Date	Time	Venue
Monday 16 th March	10.00am - 12.00pm	Windhill Community Centre Church St, Windhill, Shipley BD18 2NR
Tuesday 17 th March	10.00am - 12.00pm	Cottingley Community Centre The Parade, Town Centre, Bingley BD16 1RP
Wednesday 18 th March	5.00pm - 7.00pm	Online (link sent via email)
Thursday 19 th March	2.00pm - 4.00pm	Great Horton Community hub 69 Beldon Road, Bradford BD7 3PE

To book a place contact us via the details below:



www.rethinkingpain.org



info@rethinkingpain.org



[@rethinkingpain](https://www.youtube.com/rethinkingpain)



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