

KEEPING ACTIVE AND SAFE MOVEMENT

in managing and reducing persistent pain



MOVEMENT MATTERS

In the past, advice about persistent pain was to rest more and be less active. **Modern thinking** around pain suggests keeping moving can play a large part in reducing muscle and joint pain, as well as providing many other health benefits.

If you live with pain, it's natural to be hesitant when thinking about moving more, especially if exercise has felt painful in the past or if you're worried about doing more damage – but if you gradually become more active, using safe movements, it is unlikely you'll cause any damage or harm.



Date	Time	Location
Tuesday 3 rd February	10.00am – 12.00pm	Cottingley Community Centre The Parade, Town Centre BD16 1RP
Tuesday 3 rd February	2.00pm – 4.00pm	The Thornbury Centre 79 Leeds Old Rd, Bradford BD3 8JX
Wednesday 4 th February	1.00pm – 3.00pm	The Place in Settle 1 Commercial Courtyard, BD24 9RH
Wednesday 4 th February	5.00pm – 7.00pm	Online (Link sent out via email)
Thursday 5 th february	10.00am – 12.00pm	St John's Community Church 19 Carr Bottom Road, Greengates, BD10 0BB

Please come to the session in comfortable clothes and footwear.
To book a place contact us on the details below:

 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.