

SLEEP THERAPY

FOR PEOPLE WITH PERSISTENT PAIN



If you have persistent pain and are regularly struggling to fall asleep, stay asleep or are suffering from lack of sleep – read on!

Join us to learn more about how pain can affect sleep and what you can do to support better rest. You'll gain practical tips and techniques for improving sleep quality, with an understanding that sleep difficulties often have more than one cause. Along the way, you'll meet others who share similar sleep challenges, exchange experiences, and hear what has helped them get a better night's sleep.



Date	Time	Venue
Monday 30 th March	10.00am - 12.00pm	Online (link sent via email)
Monday 30 th March	2.00pm - 4.00pm	HALE 1 Westgate, Shipley BD18 3QX
Tuesday 31 st March	10.00am - 12.00pm	Sutton Community Centre Kyffin Place, Bradford BD4 8NB
Tuesday 31 st March	2.00pm - 4.00pm	Thornton Community Centre Market Street, Thornton, BD13 3HW

For more information or to book a place, contact us on 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