

KEEPING ACTIVE & 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
Monday 20 th April	10.00 - 12.00pm	Windhill Community Centre Church St, Windhill, BD18 2NR
Monday 20 th April	2.00 - 4.00pm	Baildon Community Link 35 Cliffe Avenue, Baildon, BD17 6NX
Tuesday 21 st April	10.00 - 12.00pm	Online (Link sent out via email)
Friday 24 th April	2.00 - 4.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH

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