

# 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 18 <sup>th</sup> May	10.00am - 12.00pm	Bierley Community Centre 102 Bierley House Avenue BD4 6BU
Monday 18 <sup>th</sup> May	2.00pm - 4.00pm	Skipton Town Hall High St, Skipton BD23 1AH
Tuesday 19 <sup>th</sup> May	10.00am - 12.00pm	Thornton Community Centre Market Street, Thornton, BD13 3HW
Thursday 21 <sup>st</sup> May	10.00am - 12.00pm	Online (link sent via email)

### PART TWO - TIMES, DATES, LOCATIONS

Date	Time	Venue
Tuesday 26 <sup>th</sup> May	10.00am - 12.00pm	Bierley Community Centre 102 Bierley House Avenue BD4 6BU
Tuesday 26 <sup>th</sup> May	2.00pm - 4.00pm	Skipton Town Hall High St, Skipton BD23 1AH
Wednesday 27 <sup>th</sup> May	10.00am - 12.00pm	Thornton Community Centre Market Street, Thornton, BD13 3HW
Thursday 28 <sup>th</sup> May	10.00am - 12.00pm	Online (link sent via email)

To book a place contact us via the details below:



[www.rethinkingpain.org](http://www.rethinkingpain.org)



[info@rethinkingpain.org](mailto: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