

UNDERSTANDING PAIN

TIMETABLE



Date	Time	Location
Monday 1 st June	10.00am - 12.00pm	The Sutton Centre 51 Kyffin Place, BD4 8NB
Monday 1 st June	2.00pm - 4.00pm	Cottingley Community Centre The Parade, Town Centre BD16 1RP
Tuesday 2 nd June	10.00am - 12.00pm	Clayton Village Hall Reva Syke Road, Clayton, BD14 6QN
Tuesday 2 nd June	2.00pm - 4.00pm	Manningham Mills Sports & Community Association Scotchman Rd, Bradford BD9 5AT
Thursday 4 th June	2.00pm - 4.00pm	Online (link sent via email)

To book your place:

Call: Rizwana on 07724 868212 or speak to your Rethinking Pain health coach.

Email: info@rethinkingpain.org



**Healthy
Living**

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.