

ACCEPTANCE AND TAKING CONTROL OF YOUR PAIN



Acceptance that persistent pain is part of your life is not the same as 'giving up'. It is more about giving up the struggle with pain and learning to live your best life, despite it.

Accepting persistent pain as part of your life is not easy; it might be hard to accept that you are not quite the person you were and that things have changed. But rather than struggling to avoid your pain, you can learn to observe, understand, accept it and take back control.



By joining this workshop you can start to look at yourself, your thoughts, feelings and the future in a different, more helpful way- and switch your energy and focus to living well.

Date	Time	Venue
Monday 13 th July	10.00am - 12.00pm	Wright Watson Enterprise Centre Thorp Garth, BD10 9LD
Monday 13 th July	2.00pm - 4.00pm	Baildon Community Link 35 Cliffe Avenue, Baildon, BD17 6NX
Tuesday 14 th July	10.00am - 12.00pm	Thornton Community Centre Market Street, Thornton, BD13 3HW
Tuesday 14 th July	2.00pm - 4.00pm	Glusburn Community And Arts Centre Colne Road, BD20 8FQ
Wednesday 15 th July	5.00pm - 7.00pm	Online (Link to be sent via email)

To book a place, contact us using 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