

# MORE ON MANAGING PAIN

## DIG A LITTLE DEEPER



If you have already attended our 'Understanding Pain' workshop you will have some knowledge of what pain is, how the body responds to pain and about the benefits of approaching your pain management more holistically - by setting goals that work around your social, emotional, physical and environmental circumstances (day-to-day life, put simply!).

### NEXT STEPS

Attending **More on Managing Pain** allows us to dig a little deeper into some topics covered in **Understanding Pain** and provides an opportunity to gain more understanding, discuss topics that matter to you and use pacing techniques to do the things that you want to.



Date	Time	Venue
Monday 8 <sup>th</sup> June	10.00am - 12.00pm	Online (Link Sent Out Via Email)
Monday 8 <sup>th</sup> June	2.00pm - 4.00pm	The Thornbury Centre 79 Leeds Old Rd, Bradford BD3 8JX
Tuesday 9 <sup>th</sup> June	2.00pm - 4.00pm	Christchurch Ilkley The Grove, Ilkley LS29 9LW
Thursday 11 <sup>th</sup> June	10.00am - 12.00pm	Clayton Village Hall 1 Reva Syke Road, Bradford BD14 6QN

Rethinking Pain supports people to manage their persistent pain in their community, using more holistic methods alongside any clinical care they receive.

To book a place, contact us using the details below:



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



[info@rethinkingpain.org](mailto: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