

SLEEP THERAPY

FOR PEOPLE WITH PERSISTENT PAIN



If you have persistent pain and are regularly struggling to fall asleep, stay asleep or are suffering from lack of sleep – read on!

Join us to learn more about how pain can affect sleep and what you can do to support better rest. You'll gain practical tips and techniques for improving sleep quality, with an understanding that sleep difficulties often have more than one cause. Along the way, you'll meet others who share similar sleep challenges, exchange experiences, and hear what has helped them get a better night's sleep.



Date	Time	Venue
Wednesday 3 rd June	1.00pm - 3.00pm	The Place in Settle 1 Commercial Courtyard, BD24 9RH
Monday 6 th July	10.00am - 12.00pm	Shine West Bowling St Stephens Church, BD5 7BH
Monday 6 th July	2.00pm - 4.00pm	Manningham Mills Sports & Community Association Scotchman Rd, Bradford BD9 5AT
Tuesday 7 th July	10.00am - 12.00pm	Windhill Community Centre Church St, Windhill, BD18 2NR
Wednesday 8 th July	5.00pm - 7.00pm	Online (link sent via email)

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