

UNDERSTANDING PAIN

TIMETABLE



Date	Time	Location
Monday 29 th June	10.00am - 12.00pm	Millside Community Centre Millside House, 131 Grattan Road, BD1 2HS
Monday 29 th June	5.00pm - 7.00pm	Online (link sent via email)
Thursday 2 nd July	1.00pm - 3.00pm	The West End Community Centre Christopher Street, BD5 9DH
Friday 3 rd July	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH
Monday 3 rd August	10.00am - 12.00pm	The Gateway Centre 45 Thackeray Road, Ravenscliffe BD10 0JR
Monday 3 rd August	2.00pm - 4.00pm	Great Horton Community hub 69 Beldon Road, Bradford BD7 3PE
Tuesday 4 th August	2.00pm - 4.00pm	HALE 1 Westgate, Shipley BD18 3QX
Wednesday 5 th August	5.00pm - 7.00pm	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.