

UNDERSTANDING PAIN

TIMETABLE



Date	Time	Location
Saturday 26 th September	10.00am – 12.00pm	Online (link sent via email)
Monday 28 th September	10.00am – 12.00pm	Christchurch Ilkley The Grove, Ilkley LS29 9LW
Monday 28 th September	2.00pm – 4.00pm	The Thornbury Centre 79 Leeds Old Rd, Bradford BD3 8JX
Tuesday 29 th September	10.00am – 12.00pm	Glusburn Community And Arts Centre Colne Road, BD20 8FQ
Tuesday 29 th September	2.00pm – 4.00pm	Wright Watson Enterprise Centre Thorp Garth, BD10 9LD
Monday 19 th October	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.