YOUR STORY

AND WHY IT'S IMPORTANT TO PAIN MANAGEMENT

RETHINKING® PAIN
COMMUNITY-BASED PAIN SUPPORT

The idea that telling your story can be part of how you approach managing your persistent pain may be a new idea for most people. But most of us feel more valued when we're listened to and heard.

Storytelling plays a big part in our relationships with friends and family, and on a larger scale, our societies and cultures. It is a powerful way to learn about the world, other people and ourselves.

What to expect in this workshop:

- A fun, friendly session, providing a great way to meet other people in an informal group
- Looking at ways we can use stories to explore pain and how it makes us feel
- Using a range of audio and visual tools, we'll help you to tell your story in a simple, interesting and interactive way.

Date	Time	Venue
Monday 14th December	10.00am - 12.00pm	Bradford Arts Centre Forster Square, BD1 4TY

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

www.rethinkingpain.org | info@rethinkingpain.org | 07724868212

KHL Healthy Living

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