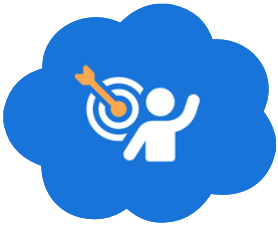
BOUNDARIES & DEVELOPING HELPFUL HABITS

RETHINKING PAIN
COMMUNITY-BASED PAIN SUPPORT

CHANGE A LITTLE, GAIN A LOT!

We all form habits and behaviours over time that become part of our 'lifestyle'; some are enjoyable and work for us but sometimes there are behaviours and habits that we'd like to change.



People living with long term pain might like to change some habits to help them manage their pain, but can find making tiny changes challenging or might worry about sticking to their own boundaries.

For some people, setting boundaries or making a tiny change can be a big thing to achieve – that's where we can help!

Date	Time	Venue
Monday 30th November	10.00am - 12.00pm	Bierley Community Centre 102 Bierley House Avenue BD4 6BU
Monday 30th November	2.00pm - 4.00pm	St Hugh Community Church Coach Road, Shipley BD17 5HS
Tuesday 1st December	2.00pm - 4.00pm	Online (link sent via email)
Wednesday 2nd December	10.00am - 12.00pm	Christchurch Ilkley The Grove, Ilkley LS29 9LW

To book a place contact us via any of the details below:

www.rethinkingpain.org **07724868212** **info@rethinkingpain.org**

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