CREATIVE THERAPY
FOR MANAGING PERSISTENT PAIN

RETHINKING® PAIN
COMMUNITY-BASED PAIN SUPPORT

Creative activities can help you manage persistent pain by moving your thoughts away from the sensation of pain. Anyone can be creative and in many ways - there's no experience of doing something creative needed to join our Creative Therapy workshop.



What to expect in this workshop:

- A fun, informal and friendly couple of hours
- Understand more about how creative activities can help with your pain management
- Have a go at some simple and easy creative activities
- Leave feeling inspired and motivated with ideas or a plan to try, using a creative activity you've chosen to help with your pain management

Date	Time	Location
Monday 7th December	10.00am - 12.00pm	Windhill Community Centre Church St, Windhill, Shipley BD18 2NR
Monday 7th December	2.00pm - 4.00pm	Glusburn Institute - Community And Arts Centre Colne Road, Glusburn, Keighley BD20 8FQ
Tuesday 8th December	1.00pm - 3.00pm	The West End Community Centre Christopher Street, BD5 9DH
Wednesday 9th December	2.00pm - 4.00pm	Online (link sent out via email)

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