

UNDERSTANDING PAIN

SESSION TIMETABLE

**RETHINKING
PAIN**
COMMUNITY-BASED
PAIN SUPPORT

Date	Time	Location
Mon 18th September	12.30pm – 2.30pm	The Place, Settle, BD24 9RH
Tues 19th September	10.00am – 12.00pm	Millside Community Centre, Bradford, BD1 2HS
Weds 20th September	12.00pm – 2.00pm	The Thornbury Centre, Bradford, BD3 8JX
Mon 25th September	1.00pm – 3.00pm	Westend Centre, Bradford, BD5 9DH
Tues 26th September	12.00pm – 2.00pm	Parkside Community Centre, Bradford, BD5 8DB
Weds 27th September	5.00pm – 7.00pm	Central Hall, Keighley, BD21 3JD
Weds 4th October	5.00pm – 7.00pm	Online (link sent via email)
Saturday 7th October	10.00am – 12.00pm	Online (link sent via email)

MORE DATES TO BE ADDED!

To book your place:

Call: Ruth on 07565789465 or Richard on 07512892365

Email: info@rethinkingpain.org

or speak to your Rethinking Pain health coach.

