

# UNDERSTANDING PAIN

## SESSION TIMETABLE



| Date               | Time              | Location                                     |
|--------------------|-------------------|--|
| Monday 26th June   | 1.30pm – 3.30pm   | Cafe West Healthy Living Centre, BD15 7PA    |
| Weds 28th June     | 12.30pm – 2.30pm  | Sutton Community Centre, Bradford, BD4 8NB   |
| Thursday 29th June | 12.30pm – 2.30pm  | Rockwell Community Centre, BD10 8DP          |
| Monday 4th July    | 10.00am – 12.00pm | Windhill Community Centre, Shipley, BD18 2NR |
| Weds 5th July      | 12.00pm – 2.00pm  | Skipton Town Hall, Skipton, BD23 1AH         |
| Weds 5th July      | 5.00pm – 7.00pm   | Online (link sent via email)                 |
| Monday 10th July   | 5.00pm – 7.00pm   | Clayton Village Hall, Bradford, BD14 6QN     |
| Tuesday 11th July  | 12.00pm – 2.00pm  | 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](mailto:info@rethinkingpain.org)

**or speak to your Rethinking Pain health coach.**

