

# UNDERSTANDING PAIN

## SESSION TIMETABLE



Date	Time	Location
Mon 13th November	1.30pm – 3.30pm	Cafe West Healthy Living Centre, BD15 7PA
Tues 14th November	12.00pm – 2.00pm	Skipton Town Hall, Skipton, BD23 1AH
Weds 15th November	12.30pm – 2.30pm	Sutton Community Centre, Bradford, BD4 8NB
Mon 20th November	10.00am – 12.00pm	Sedbergh Centre, Odsal, Bradford, BD6 1DJ
Tues 21st November	12.30pm – 2.30pm	Rockwell Community Centre, BD10 8DP
Weds 22nd November	5.00pm – 7.00pm	Online (link sent via email)
Thurs 23rd November	12.00pm – 2.00pm	Windhill Community Centre, Shipley, BD18 2NR
Mon 27th November	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.**

