

# RETHINKING PAIN

## TIMETABLE - HAPPY HEALTHY YOU



Workshop	Date/Time	Location
Diet Therapy (In English)	Tuesday 29th October 6.00pm - 8.00pm	Online
Diet Therapy (In Urdu/Punjabi)	Thursday 7th November 10.15am - 12.00pm	Al-Taqwa Mosque (Men Only) 807 Great Horton Road, BD7 4AG
Diet Therapy (In Urdu/Punjabi)	Tuesday 18th February 10.30am - 12.00pm	Karmand Community Centre (Men Only) Barkerend Road, BD3 9EP

### To book your place:

**Call:** Rizwana on 07724 868212 or speak to your Rethinking Pain health coach.

**Email:** [info@rethinkingpain.org](mailto:info@rethinkingpain.org)



Rethinking Pain is a service led by Keighley Healthy Living (KHL) in collaboration with HALE, Bradford District Health & Care Partnership, VCS Organisations & Primary Care Networks.

