

UNDERSTANDING PAIN

and ways to cope with it better.

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

Rethinking Pain supports people with long-term pain in their community, alongside any clinical care they receive.

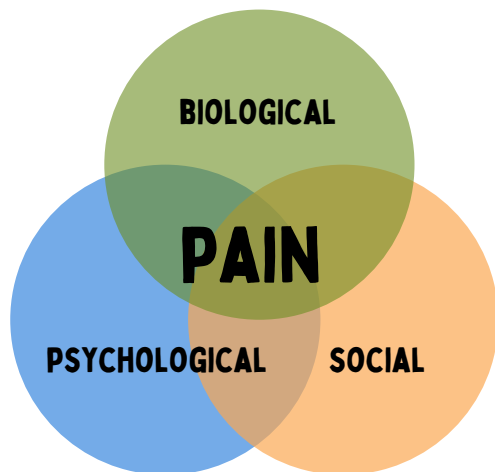
We are offering people who live with pain the opportunity to:

- Understand more about their pain and how the body responds to it
- Meet others who experience long-term pain
- Find out how to cope with day-to-day pain better
- Hear about community-based activities, support & offers

Please note: you can bring someone along with you for support if you would like to.

Pain is influenced by a combination of factors

Attending this session will help you to manage your pain differently, rather than on relying on medications and clinical treatments alone.



For more information or to book your place locally, either speak to your Rethinking Pain Health Coach or email us on: info@rethinkingpain.org

