

OCTOBER

Are you living with chronic pain... do you know someone who is?
Join our online pain cafes - from the comfort of your own home.

imagine if



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 TOP TIPS: Log in 5 mins early to check sound & picture Have a drink and be ready to join in the chat!			01	2nd Oct SLEEP MENTOR 10AM - 11:30AM	03	04
05	06	07	8th Oct BREATH WORK & MEDITATION 1 PM - 2: 30 PM	09	10	 SCAN ME Join us online using the QR Code, or visit the website: <u>WWW.PAIN.CAFE</u>
12th Oct PAIN IN THE ARTS 6PM -7:30 PM	13	14	15	16	17	
19	20th Oct PAIN CAFE 10AM - 11:30AM	21	22	23		
26	27	28	29	30		
				MONTHLY SPECIAL - SLEEP MENTOR		
				BREATH WORK & MEDITATION		
				PAIN IN THE ARTS		
				PAIN CAFE		