DECEMBER

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

The PAIN CAFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01	02	03	**4th Dec** MONTHLY SPECIAL MEDICAL HERBALIST 10AM - 11:30AM	05	06
07	08	09	**10th Dec** BREATH WORK & MEDITATION 1 PM - 2: 30 PM	11	12	
14th Dec PAIN IN THE ARTS 6PM -7:30 PM	15	16	17	18	19	
21	**22nd Dec** PAIN CAFE 10AM - 11:30AM	23	24	25 	26	
28	29	30 	31			

SCAN ME

Join us online using the QR Code, or visit the website:
WWW.PAIN.CAFE

TOP TIPS:
Log in 5 mins early to check sound & picture
Have a drink and be ready to join in the chat!

- MICHELLE GRIFFITHS - MEDICAL HERBALIST
- BREATH WORK & MEDITATION
- PAIN IN THE ARTS
- PAIN CAFE