



# **KNOCK OUT PAIN**



**Support Group for People In Pain**

**| THURSDAY August 8, 2019**

**7:00PM to 8:00PM**

**With the North East recently being held within the grip of an unprecedented heatwave, we felt it would be a good time for our group to discuss how we each handle these extremes in relation to the effects on our pain. As time permits we will also discuss how we each cope with the stress of preparing for our vacation's. ~ Julian Phillips KOP**