



KNOCK OUT PAIN

Support Group for People In Pain



THURSDAY September 12, 2019

7:00PM to 8:00PM

Julian Phillips will be speaking on the

4th Annual

Knock Out Pain

5K Run

**with 1 Mile Family Roll & Stroll
to be held on 9/29/2019.**

**Following, there will be a discussion on
pain and preparing for the coming cold weather.**

knockoutpainlv@gmail.com

K.O.P. meetings are held monthly at:

**Good Shepherd Rehabilitation Network Health & Tech Building
850 S. 5th St, Allentown, PA. 18103**

We're in the middle conference room.

Offering support to the pain community in the Lehigh Valley.

Please feel free to bring your pillows, blankets, mats and anything you need to be comfortable.

Information - Julian Phillips - (610) 360-2776.

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website: knockoutpainlv.com