

CAUDA EQUINA SYNDROME DAY



CAUDA EQUINA
CHAMPIONS CHARITY

October 1st 2020



Join our Virtual Support Group Meeting

Join our virtual support group meeting on October 1st 1pm – 2:30pm via ZOOM to celebrate the first ever National Awareness Day for CES!

Zoom meeting ID: 832 9889 4166

Passcode: 757471

Hear about all thing Cauda Equina from our group of speakers and our interview with Duncan James our new charity ambassador.

Our new podcast launches with the first episode on October first. We will discuss the benefits of meditation and mindfulness for pain management and mental wellbeing.

We will talk to Vidyamala, Ceri and Amaladipa, all meditation practitioners and all living with Cauda Equina Syndrome.

<https://anchor.fm/cauda-equina-champions>