

STRONG

BEYOND ARTHRITIS

EDUCATION • EXERCISE • SUPPORT



HEALTH SERVICES OVERVIEW

Education

Arthritis & Osteoporosis NSW is a trusted source of evidence-based and up-to-date information on arthritis and its treatment.

Resources

An extensive range of Information Sheets and booklets are available for download from our website or by phoning our health services team on 1800 011 041

Health Education Events

Education programs are delivered across a number of platforms:

Webinars: Designed to deliver education that is accessible from your home or office, our webinar series covers topics such as diet, exercise, pain management, and much more.

Community Awareness Sessions: Delivered by our health services team, these education sessions are tailored to the needs and interests of the social or professional group.

Publications

Arthritis Matters magazine provides articles on nutrition, exercise and managing your condition. Available via subscription, free to AONSW members.



eNews: Our free monthly eNewsletter keeps subscribers up-to-date on AONSW programs and the latest news about arthritis. To subscribe, visit eepurl.com/9rFd5

Exercise

Our health services team develops and delivers exercise programs tailored to the needs of people living with arthritis.

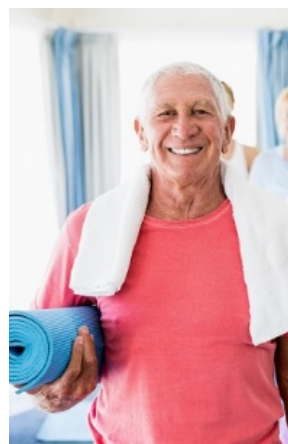
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WARM WATER EXERCISE

Led by qualified health professionals, our Warm Water Exercise Classes are an excellent way for people with any form of arthritis to build strength, ease stiff joints and relax sore muscles.



STRENGTH & BALANCE EXERCISE



Our Strength & Balance program has been specifically developed to benefit people with arthritis, building muscle strength through weight-bearing exercise.

Arthritis Infoline 1800 011 041

This toll-free service connects you with a health professional who can provide the most up-to-date information & reference material on managing your condition.

Support Groups

Located across NSW, these volunteer-run groups provide social support, education and information about local resources and facilities.

Camps for Children

Our camps provide children with juvenile arthritis (JIA) an opportunity to participate in fun and educational activities, in a safe and supportive environment, without the fear of being different.



Camp Footloose is an educational sport and recreation camp for children and young people with JIA aged 9 to 18 years.



Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years with JIA, with fun activities for the kids and their siblings.

More information, phone 02 9857 3300

Arthritis & Osteoporosis NSW

(AONSW) is a member-based health charity founded in 1967 to help improve the lives of those suffering from arthritis, osteoporosis and related conditions.

As the peak body for arthritis support in NSW, our organisation works to empower the individual to manage their own condition towards achieving their personal meaning of AONSW's vision *Freedom from Arthritis*.

Who and how we help

Arthritis & Osteoporosis NSW is here to help, support and empower people with arthritis and related conditions. We are accessible to all people, from the newly diagnosed to those who have lived with the disease for some time.

We achieve this through the delivery of education programs covering topics such as lifestyle and nutrition, and health services which focus on self-management and gentle exercise.

The outcomes we seek for the people we help are improved or maintained joint functionality, reduced overall pain, and an improvement in quality of life.

Our key focus areas

- Prevention of disease
- Management of conditions
- Understanding and support
- Research towards improved treatments



Our Vision
Freedom from Arthritis

Arthritis InfoLine: 1800 011 041

Phone: 02 9857 3300

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www.arthritisnsw.org.au

Support our work

As a non-government charitable organisation, we rely on the generosity of our donors, sponsors, members and other supporters to help us deliver our valuable services.



For more information, visit:
www.arthritisnsw.org.au