

Rural Health Initiative

LIVING WELL WITH ARTHRITIS



The Rural Health Initiative will deliver a series of health education sessions to NSW rural communities, co-run with local organisations, covering topics such as:

Arthritis Management

Pain Management

Exercise & Nutrition for Arthritis

More information phone 02 9857 3300

THE 2018 PROGRAM

- Bathurst Seminar 12 July
- Parkes Show 28-29 August
- Macksville "Rusty Iron Rally" 1-2 September
- Macksville Forum 3 September
- Henty Field Day 18-20 September
- Albury Show 2-3 November

Arthritis Infoline
1800 011 041
arthritissnw.org.au

 **Arthritis**
NEW SOUTH WALES
- SINCE 1967 -