

Rural Health Initiative

STAYING STRONG WITH ARTHRITIS



The Rural Health Initiative will return to Bathurst to deliver a new health education session to the local community.

BATHURST SEMINAR: 15 MAY 2019

VENUE

Bathurst RSL Club, 114 Rankin Street
Bathurst

Cost: **FREE**

Time: 10.30am Registration

11.00am - 1.30pm Presentation

(Refreshments will be provided)

PRESENTATION

- **Arthritis NSW** will provide exercise, mindfulness and wellbeing strategies to stay strong with arthritis
- **St Vincents' Outreach Catholic Healthcare** will present exercise, screening and lifestyle strategies to prevent arthritis.

Bookings essential:

Visit: arthritisnsw.org.au/health-services/rural-health-initiative

Enquiries: 02 9857 3300 or
info@arthritisnsw.org.au

Arthritis Infoline
1800 011 041

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