

LIVING WELL WITH ARTHRITIS



# Rural Health Program

**MUDGEES SEMINAR: 28 AUGUST 2019**

## VENUE

Club Mudgee, 99 Mortimer St, Mudgee

## TIME

Registration: 10am, Presentation: 10.30am to 1.30pm  
(refreshments provided)

## ARTHRITIS NSW PRESENTATION

The *Living Well with Arthritis* presentation will deliver education on the self management of arthritis. This will include information on exercise, nutrition and pain management.

## COST

This event is free, however bookings are essential.

**To book call 02 9857 3300 or go to [arthritismsw.org.au](http://arthritismsw.org.au)**

Arthritis Infoline  
1800 011 041  
[arthritismsw.org.au](http://arthritismsw.org.au)

The logo for Arthritis NSW, featuring a stylized white figure of a person with arms raised, next to the word "Arthritis" in a bold, sans-serif font, with "NEW SOUTH WALES" in a smaller font below it.  
Arthritis  
NEW SOUTH WALES