

LIVING WELL WITH ARTHRITIS



Rural Health Program

DUBBO SEMINAR: 18 NOVEMBER 2019

VENUE

Dubbo RSL, Cnr Brisbane St and Wingewarra St,
Dubbo

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

Arthritis Infoline
1800 011 041
arthritismsw.org.au

 **Arthritis**
NEW SOUTH WALES