

LIVING WELL WITH ARTHRITIS



Rural Health Program

WAGGA WAGGA SEMINAR: 26 MARCH 2020

VENUE

Wagga Wagga Commercial Club
77 Gurwood Street, Wagga Wagga

TIME

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

PRESENTATION

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

The seminar will include a talk by local Accredited Practising Dietician Dianna Wintle who will deliver her presentation: *Food, drink and arthritis*.

COST

This event is free, however bookings are essential.

To book call 02 9857 3300 or go to arthritisnsw.org.au



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Arthritis
NEW SOUTH WALES