

YOUR LASTING GIFT



Your legacy

Thank you for considering leaving a gift in your Will. Your legacy will provide life-changing services for people of all ages living with arthritis, the most significant cause of chronic pain and disability in Australia.

- 1. Camp Footloose and Camp Twinkletoes** help reduce the isolation felt by children with juvenile arthritis, while they join in fun activities in a supportive environment.
- 2. Community education sessions** on the topics of nutrition, exercise and lifestyle promote the self-management of arthritis.
- 3. Gentle exercise programs**, such as warm water exercise classes, help keep people with arthritis active by improving joint function, building core stability and muscle strength and reducing pain.
- 4. Awareness programs** promote the prevention and early diagnosis of arthritis for better health outcomes.
- 5. In-home and online therapeutic services.**

Our promises

When you leave a gift in your Will, Arthritis NSW makes these promises to you:

We will use your gift carefully and wisely where it can have the greatest impact.

Your gift will be managed with sensitivity and respect.

We understand that your family and loved ones always come first.

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Thank you

Leaving a gift in your Will is a very personal decision, and perhaps the greatest commitment you can make to help people living with arthritis and related musculoskeletal conditions. We look forward to discussing the various options with you.

We recommend that you discuss your wishes with your loved ones and consult a legal professional when you create or update your Will. You can access additional resources on our website: arthritisnsw.org.au, such as:

- types of gifts
- information for executors
- information for solicitors.

We would love to know that you have included Arthritis NSW in your Will so we can discuss any wishes you may have and options for how your generosity can be acknowledged. Let us know by calling our **Philanthropy Manager on 02 9857 3300 or emailing: bequests@arthritisnsw.org.au**.

Your gift to Arthritis NSW will make a difference in the lives of current and future generations impacted by arthritis. Please complete the form below and return to:

Arthritis NSW, Locked Bag 2216 North Ryde NSW 2113.

Please tick the appropriate box

- I have included Arthritis NSW in my Will and would like to speak with someone.
- I intend to include Arthritis NSW in my Will and would like to speak with someone.
- I would like more information about leaving a gift to Arthritis NSW in my Will.

Name _____

Address _____

_____ State _____ Postcode _____

Telephone _____ Email _____

All information provided to ANSW is treated in the strictest confidence.

Our Vision *Freedom from Arthritis*

Support our work
As a non-government not-for-profit organisation, we rely on the generosity of our donors, sponsors and other supporters to help us deliver our valuable services.



Contact us

Arthritis InfoLine: 1800 011 041

Phone: 02 9857 3300

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