



**ARTHRITIS
NEW ZEALAND**

KAIPONAPONA AOTEAROA

Sleep, stress and fatigue workshop

Come along to learn more about managing the challenges with sleep, stress and fatigue that can accompany arthritis. People with any form of arthritis welcome, but it will be particularly suited to those with fibromyalgia.

Tuesday 25 August

10am – 12pm

**Outpatients Meeting Room,
Central Hawke's Bay Health Centre,
1 Cook St, Waipukurau**

Registrations are essential. Phone 0800 663 463 or email zoe.pullman@arthritis.org.nz to register or for further information. No cost to attend, but Arthritis New Zealand welcomes donations.

www.arthritis.org.nz