



**ARTHRITIS  
NEW ZEALAND**

KAIPONAPONA AOTEAROA

## Tips for Managing Arthritis

Come along to learn how to manage the symptoms of arthritis, including tips on pain management, exercise, fatigue, diet and more.

### Presenter

Zoe Pullman, *Arthritis Educator*

**Friday 15 February 2019**

10:00 – 11:00 am:

Osteoarthritis

11:30 am – 12:30 pm:

Inflammatory arthritis (e.g. rheumatoid, psoriatic, lupus, polymyalgia)

**AW Parsons Indoor Pool meeting room**

10 River Terrace, Waipukurau

Booking is essential! Please call Arthritis New Zealand on 0800 663 463 or email [Rochelle.molloy@arthritis.org.nz](mailto:Rochelle.molloy@arthritis.org.nz)

*Attendance is free. Donations are welcome.*