

Arthritis NSW presents Living well with Arthritis

WHEN Wednesday, May 1st 2024
10:00 AM - 1:30 PM

WHERE Australia

COST Free



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and [registration details](#)

Since 2018, Arthritis NSW has delivered regional/rural/ remote community education seminars across New South Wales and we are planning to deliver our next program in Cessnock on the 1st of May at the Cessnock leagues club. A central part of our mission involves imparting knowledge and sharing good evidence-based information to empower individuals in the self-management of their Arthritis. Our seminar aims to provide valuable insights, practical tips, and resources to help individuals effectively self-manage their arthritis and improve quality of life. We will be covering a wide range of topics from exercise, nutrition, and pain management to empower the community with knowledge and encourage health promoting behaviors.