



Arthritis Awareness Event



ARTHRITIS AWARENESS event

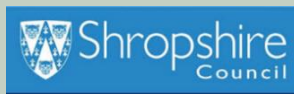
10am -12.30pm Wednesday 25th May 2022

St Martins Centre, Overton Road, St Martins,
Oswestry, Shropshire SY11 3AY

To book your free place for this event

Call **01743 360641** or

Email lindsey.stirton@community-resource.org.uk



Have you been diagnosed with Arthritis? Do you know someone or care for someone with Arthritis? To find out more about how to manage the condition, come to our Arthritis Awareness event

A talk from **Michael Delahay**
Clinical Physiotherapist
specialising in
Rheumatology at RJAH
(also discussing pain management)

A gentle exercise taster
session led by

Lisa Perry
Rheumatology Therapy
Support Worker at RJAH

Coffee break with the chance
for questions and answers
and a discussion on healthy
eating to help the condition



How can you join?

Call **01743 360641** or

Email [**lindsey.stirton@community-resource.org.uk**](mailto:lindsey.stirton@community-resource.org.uk)

Attendance is free but a donation towards the work of our charity would be greatly appreciated.