

Arthritis

AUSTRALIAN CAPITAL TERRITORY

— Incorporating Osteoporosis ACT —

DO YOU...

GET ACHES AND PAINS?

- **HAVE STIFF JOINTS?**
- **OFTEN FEEL TIRED or WEAK?**
- **HAVE POOR CIRCULATION?**

WELL OUR SEMINAR IS FOR YOU!!!

The seminar will focus on healthy physical activity appropriate to musculoskeletal conditions. We will have speakers and practical demonstrations.

Date: Tuesday 23 March
Time: 7:00 – 9:00 pm
Venue: Rheinberger Centre
Cnr Weston & Loch Streets
Yarralumla

(Supper will be provided)

\$5.00 Non members Free to members

RSVP: Wednesday 17 March please call the Arthritis ACT
Office on 6288 4244 or email
events@arthritisact.org.au

