



Derbyshire
Carers
Association

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Self-Management for Arthritis

Thursday 19th August @ 1pm



Self-Management for Arthritis *with Arthritis Action*

Ruth, from the UK charity Arthritis Action, will join us to explore what self-management is and how it can help people living with or caring for people with arthritis.

Topics covered will include keeping active, mental wellbeing, and pain management.

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk