

LIVING WELL WITH ARTHRITIS

Do you have osteoarthritis of the knee/hip?

We offer services providing high quality information, to help you better manage your arthritis. Our services can help you...

- Understand your osteoarthritis better
- Be more confident in better managing your symptoms
- Have access to information and support
- Communicate effectively about how your arthritis affects you
- Feel less isolated
- Increase your self confidence

"What I obtained from VA was a better understanding of arthritis, and the confidence to explain my situation to the consultant. I am very grateful for all that."

Visit:

www.versusarthritis.org/csnorthumberland to self refer

Or speak to your GP or physiotherapist

VERSUS ARTHRITIS