

From: Marc Williams <Marc@arthritisation.org.uk>

Sent: 07 March 2024 16:00

Subject: Arthritis Action - Free presentations and groups

Good afternoon, Marc here from Arthritis Action, I hope you are well?

I'm emailing you to let you know that we are now offering free community presentations to help educate and empower people living with arthritis and to give information on ways to manage their condition. These are ideally done online, but where possible we can do them in person (depending on travel distance for our staff). If you would be interested in booking one of these or would like any more information about them please don't hesitate to ask.

We also run a selection of online groups (also free of charge) where people can get together with others living with or caring for those living with arthritis to get together to share tips, tricks, and experiences on how best to manage their condition. If you have any questions about these or anything else, please let me know.

Looking forward to hearing from you.

Best wishes

Marc