

WOULD YOU LIKE TO HEAR FROM LOCAL HEALTH PROFESSIONALS AND COMMUNITY ORGANISATIONS?

We have arranged a calendar of talks, that you can attend from the comfort of your own home, on a range of topics to empower you to get the most out of every day living with arthritis.

Stress & Anxiety

Coping with anxiety after lockdown and how we move forward

Ellie Irving - Aware NI

Wednesday 29 September @ 12 noon

Sleep & Fatigue

Understanding your sleeping patterns and how to get a good night's sleep

Emma Henry - Occupational Therapist, Belfast HSCT

Tuesday 5 October @ 12 noon

Pain Management & Medications

Why your pain medication is being reviewed

Mary McBride - Lead General Practice Pharmacist, Northern HSCT

Wednesday 13 October @ 12 noon

Involvement & Campaigning

Involvement and campaigning opportunities within Versus Arthritis

John McCormick - Policy & Engagement Manager NI, Versus Arthritis

Thursday 21 October @ 12 noon

Chi Me Demo

Information on and demonstration of Chi Me - a gentle chair based form of Tai Chi

Christina Morris - Chi Me Instructor, Versus Arthritis

Tuesday 26 October @ 12 noon

Talks are delivered via Microsoft Teams. To register email Lisa on l.carlisle@versusarthritis.org and you will be emailed a link to join, and step by step instructions will be given.

No laptop, smart phone, iPad etc? No worries! You can still listen to the talk via a landline or basic mobile phone - just call Lisa on 028 9078 2940 to find out more.

There will be a chance to ask questions at the end of each session if you desire to do so.

**VERSUS
ARTHRITIS**