



**nras**  
National Rheumatoid  
Arthritis Society

Changing Minds, Changing Services, Changing Lives

*in partnership with*

Sussex **MSK** Partnership

Central

Sussex **MSK** Partnership

East



# New2RA

## AN INTRODUCTION TO BETTER LIVING WITH RHEUMATOID ARTHRITIS

- **New2RA** – a 2 hour session designed by and for people like you
- It's your choice, but the specialist team recommend it if you've been told you have RA
- They know **you** will be managing your RA most of the time and getting good advice at the start is really helpful
- We believe you will get real benefit from attending

One of our staff will be in touch to talk about the session and answer your questions.

We look forward to seeing you soon.

- Meet others with RA
- Learn about your disease
- Find out why self-management is important
- Get tips about how to manage day to day
- Set yourself some simple goals

[www.nras.org.uk](http://www.nras.org.uk)

**0800 298 7650**

NRAS Helpline  
weekdays 9.30 – 4.30



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