



nras
National Rheumatoid
Arthritis Society

Changing Minds, Changing Services, Changing Lives

in partnership with

Sussex **MSK Partnership**

Central



Living Better with RA



Living Better with RA

is an informal 3 hour session designed by and for people like you.

Are you finding life with rheumatoid arthritis a bit of a struggle? Are there things you would like to know more about or feel could be better if you had some support? This short workshop will help and your rheumatology team recommend it.

To get more details about the workshop and when the next one will be in your area call:

Karen Keech - 0300 303 8063

or email **Rheum.mskpartnership@nhs.net**

We look forward to helping you soon.

A great step to improving how you manage life with RA

- Meet others with RA
- Learn more about the disease
- Find out how better self-management will help you
- Hear and exchange top tips on managing day to day
- Discover how setting simple goals helps you improve

www.nras.org.uk

If you want to talk to
someone about your RA
now, call NRAS free on

0800 298 7650

NRAS Helpline

weekdays 9.30 – 4.30

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