

RASG TALK 2-2

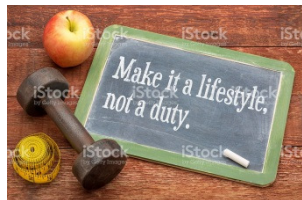
Saturday, 17th September '16

SLE Meeting Room (next to AFM Office)

Exercise is a key component to improving health. An arthritis exercise regimen may be the last thing on your mind when you are tired and your joints ache, but it may be just what you need to ease pain and improve your energy level.

Exercise plays an important role in managing arthritis symptoms. But it may be hard to start or maintain an exercise program.

Come & Learn more about ways to workout safely and effectively with arthritis. with our Speaker, Ms Chu Ai Reen , Occupational Therapist, Hospital Tuanku Jaafar,Seremban.



The Organising Committee of the RA Support Group cordially invite all members of the RASG and their caregivers to the RASG Talk.

HIGHLIGHTS :

- Talk on “ Exercises For Arthritis Sufferers”
- Updates / Q & A
- Refreshments

Please register early to avoid disappointment!

Limited 40 seats ONLY!

Closing date: 12th September '16

Time : 11.00 am – 2.30 pm

Call AFM T: 03-79606177

E: info@afm.org.my

