



**ARTHRITIS
NEW ZEALAND**

KAIPONAPONA AOTEAROA

Exercise

is good for our health – and it
is good for people with
arthritis too

**Get into exercise with our
choice of classes:**

Land-based exercise

Once a week for 16 weeks of gentle
exercise and education for arthritis

Water-based exercise

Twice a week for 10 weeks at Burwood
Hospital pool for exercise and
education for arthritis

Pedall

Twice a week for 6 weeks of exercise
on stationary bikes and education for
arthritis in the lower limbs

These programmes are
supported by Canterbury
DHB so there is no cost
for you to attend



For more information

P 0800 663 463 **W** www.arthritis.org.nz