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