

**LEISURE CENTRE**

# ARTHRITIS ACTION COFFEE MORNINGS

As part of a new national Musculoskeletal (MSK) health hubs project, we have a number of new, free Arthritis Action coffee mornings taking place across our leisure centres to help you lead a happy, healthier lifestyle.

## **WHAT ARE ARTHRITIS ACTION COFFEE MORNINGS?**

Providing information from Arthritis Action and a space to meet other people living with arthritis, these free 45 minute- 1 hour relaxed coffee mornings will help individuals living with arthritis to learn how to improve their quality of life in a supported, group setting.

## **WHAT DO THE COFFEE MORNINGS INVOLVE?**

Led by qualified, friendly Arthritis Action trained facilitators, individuals will be provided with information from Arthritis Action about how to lead more active lives, how to manage conditions to reduce pain as well as receiving information about further activities available in the leisure centre.

## **HOW DO I GET INVOLVED?**

There are no registration or sign up requirements for our Arthritis Action coffee mornings and walk-ins are available. Please visit or call your local leisure centre for more information.

A full list of centres offering the free Arthritis Action coffee mornings can be found on [www.leisurecentre.com/MSK](http://www.leisurecentre.com/MSK)

As part of the MSK health hubs project, we are also delivering Good Boost classes and ESCAPE-pain courses. More information can be found on [www.leisurecentre.com/MSK](http://www.leisurecentre.com/MSK)