North Hampshire Versus Arthritis

Join us for some refreshments and opportunities to chat, get to know other people and share experiences. *Feel free to bring a friend.*

1.30pm - 3.30pm

Fleet Town Football Club, 8A Crookham Road Fleet GU51 5DZ

Dates for 2021/2022

- **Thursday 2 September 2021**
- **Thursday 4 November 2021**
- **Thursday 6 January 2022**
- **Thursday 3 March 2022**
- **Thursday 5 May 2022**
- **Thursday 7 July 2022**
- **Thursday 1 September 2022**
- **Thursday 3 November 2022**

Each meeting we will cover a subject related to arthritis e.g. medication, exercise, diet or a quiz etc.

Informal ‘Zoom’ meetings will also be held on alternate months from the dates above, on the first Thursday from 2-3pm.

Please contact the e-mail below to be put on the contact list and/ or with any queries.

Friends VERSUS ARTHRITIS

For more info about the group, please contact:
northhantsarthritiscare@googlemail.com

Versus Arthritis: Registered Charity England and Wales No. 207711, Scotland No. SC041156.