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**Introduction to Self-Management for Arthritis - East of England - FREE ONLINE EVENT**

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Marc Williams &lt;Marc@arthritisation.org.uk&gt;

9 November 2021 at 17:01

Good afternoon, my name is Marc and I'm the Coordinator for Arthritis Action, I hope you are well?

I wanted to get back in touch to let you know about our next free Online Self-Management Event that we have coming up this month for people in and around the East of England who are living with arthritis. It will be held at 14:00 on the 25<sup>th</sup> of November via zoom (online).

It will last for one hour and is a great introduction to a self-management approach to dealing with arthritis, including diet, pain management, and exercise.

I would really appreciate it if you would be able to share with your friends, family, clients, associates or just people in your network the link to the event so that they can book a place free of charge and join us for an hour on the 25<sup>th</sup> to learn about the self management of arthritis.

<https://www.eventbrite.co.uk/e/207068636867>

If you or anyone else has any questions or needs help registering please don't hesitate to ask. Thanks for your time, and you help and I hope that we get a great turn out at the event!

Best Wishes

Marc

**Marc Williams**

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