

LIVING WELL WITH LESS PAIN

Are you living with lower back pain, hip or knee osteoarthritis? Is your pain stopping you doing the things you enjoy?

Sussex MSK Partnership East in collaboration with charity Arthritis Action, will hold a **FREE** workshop bringing together top healthcare experts who will advise on what you can do safely, how to lower your pain and live a fuller life.

You will hear from:

- ◆ **Consultant Surgeons**
- ◆ **Clinical Specialist Physiotherapists**
- ◆ **Pain specialists**
- ◆ **A dietitian**
- ◆ **Patient organisations**
- ◆ **Health & wellbeing experts**
- ◆ **Patients**



Wednesday, 28th November, 9.30am - 13.00 pm

Uckfield Civic Centre, Uckfield, TN22 1AE

Book on Eventbrite: [Living Well with Less Pain](#)

or

Call: [01323 408 617](tel:01323408617) to reserve a place



Sussex MSK Partnership

East

