

Arthritis Matters

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Friendship Group FAQs

Plus

Research
Available Services
Kidsflix

Summer Edition 2021

 Arthritis
SOUTH AUSTRALIA

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1800 011 041
Country Free Call

Arthritis Foundation of South Australia

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www.arthritisau.org.au

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President's Message

Our minds often take a reflective turn as we prepare for the festive season and the end of the year. As I reflect on the year that been, the many efforts of our Arthritis SA community fill me with a sense of gratitude. So let me begin by saying a heartfelt thank you to all of you. To our members, consumers, donors and supporters, as well as our staff, volunteers, committee members and Board.

For many, Christmas is a time of getting together with family. It's also a time when we think about helping others. That same spirit of family and helping guides Arthritis SA throughout the year. It drives our efforts to share knowledge, support and advocacy for the 1 in 4 South Australians with arthritis.

Our affiliation with four friendship groups across the state –the Marion friendship group, Lupus Scleroderma and Sjogren's friendship (LSS) group, the Southern Arthritis friendship group and the Copper Coast friendship group – is an element of our family commitment. This issue of Arthritis Matters specifically addresses some questions relating to friendship groups. I encourage everyone to read this information, not just friendship group members.

I was privileged to briefly drop into the Christmas gathering of the LSS group recently held in our meeting room at Welland. Making this space available for friendship groups to use is a



small indication our overall commitment to consumers. One of our New Year's resolutions is to renew and strengthen our relationships with these friendship groups and find more ways to better engage with all consumers.

“Keep well, stay safe and have a wonderful festive season. Cherish the time with family and friends, and we'll see you in the New Year!

Kind Regards,

David Waterford
Board President

 **Arthritis**
SOUTH AUSTRALIA

Make a lasting impact

Research holds the key to more effective treatments of arthritis. By remembering Arthritis South Australia in your will, you can play a role in finding a cure for these debilitating diseases.

If you would like to leave a gift in your will, please contact us at

(08) 8379 5711 or
info@arthritissa.org.au

CEO's Message

Hello and welcome to another edition of the Arthritis Matters Magazine,

This edition of Arthritis Matters includes an article on some exciting future research by Dr. Kimti Kumar who won the joint ARA-Arthritis SA Post Graduate Rheumatology Grant. We also highlight the important work of the SA Pharmacy Medicines Information Service, which provides expert advice from pharmacists on medicines to consumers.

World Arthritis Day was October 12th. We didn't hold a face-to-face event this year due to COVID concerns. Instead we filmed and released content from expert speakers. An article containing short summaries from each of the speakers is in this edition, and if you would like to see the presentations in full, they are available on our website, Facebook page, or YouTube channel.

I was privileged to sit down with Ethan, who lives with juvenile arthritis and hear about his experiences growing up and living with the condition. Ethan generously agreed to tell his story, and I recommend you read his article in 'A moment with...' or watch his interview online.

Despite COVID and the related restrictions, we have been continuing to hold COVID-Safe Kidsflix events where possible for children and Kidsflix families in South Australia. I have personally attended a couple of the events and it was amazing to see how much the kids enjoyed the event and the activities.

I would like to thank everyone who donated to our appeals and Kidsflix fundraising campaigns during the year for their generosity.

As we look back over the year that was, we can also look forward to 2022.

There are many exciting things happening at Arthritis SA in 2022, such as hydrotherapy now having two programs, 'Hydro Fit' and 'Hydro Move' and a new website planned for release in the first quarter just to highlight a couple.



“Finally, I would like to wish everyone a safe and happy holiday season.”

As I mentioned in the last edition of the magazine, I am keen to hear your thoughts, ideas, and concerns and I'm happy to be contacted directly by phone at (08) 8379 5711 or by email at steve.morris@arthritissa.org.au.

Kind Regards,

A handwritten signature in black ink, appearing to be 'Steve Morris'.

Steve Morris
Chief Executive Officer

National News

Arthritis Australia launch website to support people living with psoriatic arthritis

Arthritis Australia has launched a new website for Australians living with psoriatic arthritis (PsA).

What is psoriatic arthritis?

Psoriatic arthritis is a condition that causes inflammation of the joints. This causes the joints to become stiff, painful and often swollen. PsA usually only affects people who have a skin disease called psoriasis. It affects men and women equally and can happen at any age.

What are the symptoms?

Psoriatic arthritis can affect any joint in the body, symptoms of the condition are different for everyone.

The most common symptoms are:

- pain, swelling and stiffness in one or more joints
- pain and stiffness in the buttocks, lower back or neck
- pain in tendons where they attach to the bone
- swelling of toes and fingers
- changes in nails, such as thickening or changes in colour
- Skin rash
- Pain and redness in the eyes.

"With MyPsA you can build an individually tailored profile, access customised information about the condition, and link with relevant support services.

MyPsA offers information about psoriatic arthritis, as well as a range of links for treatment options and ways to improve the management of the condition.

It will provide tips about lifestyle changes that can make living with psoriatic arthritis more manageable. Psoriatic arthritis is an autoimmune condition, which causes pain and swelling in the joints. While not widely reported on, psoriatic arthritis affects around 200,000 Australians.

Three out of every 10 people with the skin condition psoriasis develop psoriatic arthritis."

- Arthritis Australia

myPsA
PSORIATIC ARTHRITIS
SUPPORT PROGRAM

**For more information visit
mysoriaticarthritis.org.au**

Research

Joint ARA-Arthritis SA Post Graduate Rheumatology Grant awarded

Dr Kimti Kumar was awarded the Post Graduate Rheumatology Grant at the Australian Rheumatology SA branch (ARA SA) scientific meeting on the 22nd October. Dr Kumar is a final year Rheumatology advanced trainee at Flinders Medical Centre in Adelaide. The grant, which is jointly supported by the ARA SA and Arthritis SA, will support Dr Kumar to embark on research aimed at identifying and reviewing treatments for Raynaud's syndrome in Scleroderma.

Raynaud's syndrome is an exaggerated response to the cold and causes areas of the body, such as fingers and toes, to become cold and numb. Raynaud's phenomenon in the setting of Scleroderma, is often more severe than in patients without any autoimmune disease. This severe form of the condition can cause skin ulcers in the fingers and toes which can be painful, lead to infections and result in amputation. This has a significant impact on these patients function and quality of life and is therefore paramount to prevent and treat.



Dr Kimti Kumar and
Arthritis SA CEO Steve Morris

Fellowship Update from Dr. Felicity Braithwaite

In July 2021, Dr Felicity Braithwaite's John Stuart Colville Fellowship commenced. The project will aim to tackle barriers to a healthy future for people with osteoarthritis.

Dr Braithwaite and her team have been co-designing the research program with consumer input (via the Consumer Advisory Panel). The team has run three workshops involving six people living with osteoarthritis as co-researchers. The workshop structure was informed via collaboration with experts in co-design – Professor Ian Gwilt and Dr Aaron Davis (UniSA). The structure of the workshop was critical to achieve the aims of the workshop and uncover novel and meaningful information relevant to the research program, so we are grateful for this expert input. The Consumer Advisory Panel has provided insightful information that has had important impacts on the priority and design of the fellowship projects. The team would like to thank our consumer co-researchers for their valuable time and thoughtful contributions – and we would like to highlight that their input will be pivotal to improving the lives of people with osteoarthritis. We plan to hold a meeting with our Scientific Advisory Panel early in the new year, in which we will discuss the findings of the consumer workshops to further refine the research plan.

The team has also obtained ethical approval to pilot test a virtual reality educational experience for people with osteoarthritis and have been working on obtaining funding to develop the experience. We have also successfully secured funding for a PhD project that will contribute to the fellowship aims (to commence early 2022).

Available services

SA Pharmacy Medicines Information Service

The SA Pharmacy Medicines Information Service provides expert advice from pharmacists on medicines for adults, children, and pregnant and breastfeeding women.

It is a free service for all South Australians including members of the public and health professionals. Education sessions can also be arranged for students, community groups and health professionals, tailored to your needs.

What kind of medicine questions can I ask?

We understand that receiving a new diagnosis and starting new medicines can be overwhelming.

Perhaps you need to change your prescription medicines or want to start some over-the-counter medicines or vitamin and natural herbal supplements. Or you may be planning a pregnancy and want to know which medicines are safe.

We can talk with you and help you to understand and use your medicines better.

We can help to answer your questions about:

- How your arthritis medicines work, such as the disease modifying anti-rheumatic drugs (DMARDs) and corticosteroids
- Dose and side effects of medicines used to relieve pain, including anti-inflammatories and opioids (such as tramadol or codeine)
- Any interactions between your arthritis medicines and vitamin or herbal supplements
- The safety of your medicines during pregnancy and breastfeeding
- How to give medicines to children, including tips for improving taste or for swallowing tablets and capsules

How can I contact the Medicines Information Service?

You can speak directly with our pharmacists over the telephone or email us your questions.

SA Pharmacy Medicines Information Service

Telephone: (08) 8161 7555

Email: medinfo@sa.gov.au

Hours of service: Monday to Friday – 9 am to 5 pm

For more information about the service scan the QR code to see our website.



Friendship Groups

Frequently Asked Questions

Arthritis SA is currently affiliated with four friendship groups across the state.

Due to COVID restrictions in 2020 the groups were mostly on hiatus.

Some took this opportunity to review how they operate and decide what was still the right thing for them, as changes such as increased access to information about arthritis online. Social changes have meant many people see the purpose of friendship groups differently, for example, a lessened need for guest speakers.

In 2021 several groups tried new venues and meeting times, including the Marion Friendship Group and the Lupus Scleroderma and Sjogren's Friendship (LSS) Group.

The AFSA staff were pleased to have been able to visit each group on several occasions during the year with some highlights being the 25th Anniversary of the Southern Arthritis Friendship Group and the annual general meeting of the Copper Coast Group in Kadina which our health educator Rosalie had the opportunity to attend.

With the easing of COVID restrictions, Arthritis SA was able to host a morning tea on World Arthritis Day to which all members of the friendship groups were invited.

This was the first opportunity Arthritis SA had to hold such an event and it was a pleasure to show everyone our new offices and share some delicious coffee and cake.

Each group has a nominated key contact and operates independently, organising its own catch-up schedule, venues, and group activities such as raffles, social events, or guest speakers.

Arthritis SA, when requested, supports the groups by assisting in the production of newsletters and calendars of events and advise groups of information that may be of interest to members as it arises, for example, local research they may like to be a part of.

Some significant changes that have occurred with the friendship groups over the last few years so we thought we would take a moment to answer some of your frequently asked questions.



Lyn, one of our health educators, talking at the Southern Arthritis Friendship group 25th anniversary

Do I need to be an Arthritis SA member to attend?

No, you do not need to be an Arthritis SA member.

Is there a fee to attend a group?

Each group operates differently. Some may ask for a small donation to help cover costs such as venue hire while others have no fees.

What is the difference between a support group and a friendship group?

As a member of a group, it can be difficult to tell, however, there are some distinct differences between the group types.

Friendship groups have a focus on forming meaningful social connections with others living with similar conditions or situations. They often meet in small venues or cafes to catch up in an informal manner. This is the style most Arthritis SA affiliated groups now operate in.

Support groups tend to have a formal structure with a president and committee with formal minutes. They may focus on specific areas such as fundraising. This structure can take a considerable amount of time and effort, which is partly why some are opting for the friendship group approach.

How often do the groups meet?

Each group meets at different frequency, days, and times throughout the year. Check the Arthritis SA website 'events' page for the most up-to-date details.

www.arthritissa.org.au/events

How do I join a group?

If you would like to find out more about a group before attending, call us on 1800 011 041 and ask to speak with our Health Educator.

You can also go along on the day and do not need to book.

Arthritis SA staff would like to thank all friendship group members for their continued involvement with each group and particularly those within each group who take on the responsibility of planning and organising group meetings or events and acting as key contacts.



If you would like to talk to
someone about your arthritis please
call our information line on

 **1800 011 041**

A moment with...

Ethan Andrews

Recently CEO Steve Morris sat down with 14 year-old Ethan Andrews to talk about his experiences of living with juvenile arthritis, Ethan generously agreed to share his story...

WHAT WAS YOUR FIRST MEMORY OF KNOWING THAT YOU HAD SOME CHALLENGES WITH ARTHRITIS?

To be honest I've had arthritis ever since I could remember, because of being diagnosed at two and a half, but I've been told the story of like when we first noticed health changes and that was apparently when I was playing in a playground with my parents and then my ankles started to feel sore and I couldn't bear weight.

We went to the hospital and asked what was happening. They diagnosed it as a sprained ankle at the time and after a couple months of continuously sore pain, they diagnosed me with juvenile rheumatoid arthritis.



HOW HAS THE CONDITION AFFECTED ASPECTS OF YOUR LIFE, HOW DOES IT FEEL FOR YOU, AND HOW HAS IT AFFECTED YOUR GROWING UP?

I've never been able to do sports, which is the obvious... which I've always actually wanted to do but never been able to. It affected me making friends, because there were people who were childish and thought that it was contagious.

I had some bullying because of it, because I couldn't run fast and so they would do stuff like take my hat and throw it around in circles and stuff, so that's the kind of way it affected me.

HOW DID YOU COPE WITH THAT?

To be honest when I was young I would go to my parents but as I got older I just started dealing with it as it was and I told myself stuff like it's just normal you're going to find bullies everywhere. That if you deal with this you're the bigger person and that the bullies in this situation won't amount to much if they continue like this, so I shouldn't concern myself with what they do, that kind of thing is what I just told myself as I got older.

YOU'VE TALKED ABOUT THE EMOTIONAL IMPACTS YOU'VE HAD TO DEAL WITH IN TERMS OF BULLYING, WHAT ARE THE OTHER DAY-TO-DAY CHALLENGES YOU HAVE TO DEAL WITH, WITH YOUR CONDITION?

Well, pain wise that can be a struggle sometimes I usually will just try to walk on it as much as possible if it gets too bad. I don't want to of course, but I will take some pain relief just to kind of numb the pain a little bit and if that doesn't work we have a set of crutches and wheelchair ready for whenever it gets like to the point where I'm really bad.

That's pretty much it at the moment just pain wise is the main challenge. Socially people are a bit more mature now so it's easier to make friends and that so that's better, people still kind of look down on me a little but it's their opinion and I'll prove them wrong.

I WAS GOING TO ASK YOU WHAT YOU'RE MOST PROUD OF BUT WHAT YOU'RE JUST TELLING ME SOUNDS LIKE SOMETHING YOU SHOULD BE REALLY PROUD OF.

Yeah that's probably it and the fact that I've never really let it slow me down in terms of my learning. I've always tried to do my best and I aim to succeed.



WHAT WOULD YOU LIKE TO SAY TO PEOPLE THAT HAVE NEVER HEARD OF JUVENILE ARTHRITIS?

If I was to say something to them, I would say that even if the person doesn't look sick they could be going through pain because arthritis is an invisible disease you don't really see it.

If they're just dealing with pain every day, no one can really see it unlike when someone is vomiting when it's kind of obvious, when you're sick there's different things that you can see but when you're having arthritis they're just in pain so you shouldn't judge a book by its cover.

WHAT ADVICE WOULD YOU GIVE TO ANY OTHER YOUNG ADULTS OR KIDS WHO HAVE BEEN DIAGNOSED WITH JUVENILE ARTHRITIS?

To be honest there's it's kind of a hard question because it is a tough thing and it will be tough because you will be going through pain a lot.

You'll almost have to get used to the pain, which no one should have to have to do because they shouldn't have to go through that much pain.



If I was to give advice I would say just try to talk about it as much as possible, talk with people that you care about to help you get through it because it's not something that someone should have to go through alone. Ask as many questions as you can as much as possible.

DID YOU FIND YOU GET TOGETHER WITH ALL THE KIDS WITH JUVENILE ARTHRITIS WHEN YOU WERE YOUNGER WERE THE GROUPS YOU COULD MEET WITH?

Arthritis SA provided a lot of that for me at the beginning I would usually meet up with other kids at the movies, I would go on dolphin cruises that they used to provide, and I would go on them and meet with kids that kind of thing.

It was good because I could actually find someone I could relate to and that was always fun because actually I felt more normal when I was with them, so that was always good.

WERE THERE KIDS YOU GOT TO KNOW OVER TIME OR WERE THERE JUST DIFFERENT PEOPLE EACH TIME?

Mostly different people at different events, not everyone attended the same events so I would mostly meet new people each time. When outside of Arthritis SA events, though, I've never really met other people with arthritis.

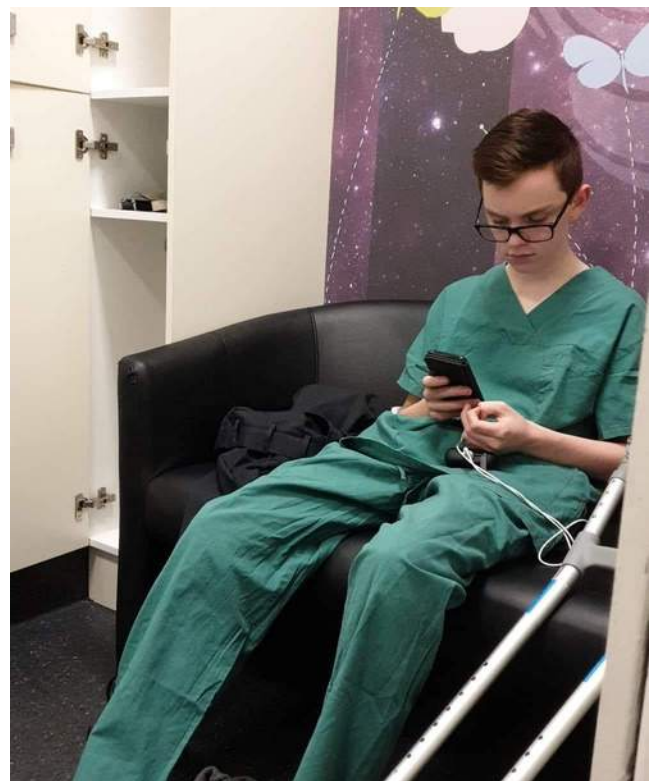
There was this one person I met over Instagram and talked to for a while. That was nice to talk to them and that was fun.

YOU TALKED ABOUT SOME OF THE THINGS THAT ARTHRITIS SA DID, WHAT MORE DO YOU THINK WE SHOULD BE DOING AS ARTHRITIS SA?

You're already doing a lot but if I was to suggest one thing I would say I liked the kind of things like the night in the museum, things where you could actually spend a long period of time getting to know the kids there rather than a few hours. You had the entire thing so that was really fun, I liked that.

IS THERE ANYTHING ELSE YOU'D LIKE TO SAY TO PEOPLE WHO MIGHT NOT KNOW MUCH ABOUT JUVENILE ARTHRITIS?

If I had to say one thing, I would probably say be as nice as possible to people with juvenile arthritis, treat them normally because they're already going through enough. They don't need people acting like they're weird or different because, they want to be normal, that's human nature. So if you meet someone with juvenile arthritis just try to be nice to them.



*Thank you to
Ethan Andrews
for sharing his story*



Kidsflix

Adelaide Hills Kidsflix at Mt Barker and SA South East Kidsflix at Mt Gambier were held in August and September.

Star Wars characters, Bumble Bee, Hans, Alice in Wonderland, face painters, a balloon twister and Cool 4 Kids at Mt Barker and Elmo, a fairy, Mickey and Minnie Mouse, a fairy and a face painter at Mt Gambier entertained the families, and there were many smiling children, 'Space Jam: A New Legacy' at Mount Barker and 'Paws Patrol: The Movie' at Mount Gambier were shown.

A big thank you to our partner Wallis Cinemas, Nippy's for supplying us with drinks, Bellis Fruit Bars for the apricot fruit bars, and Jonny's Popcorn for the popcorn. Huge thanks also to all our valued volunteers, who help make Kidsflix events an amazing experience for all the attendees.



Thank you to all the families that sent our donors letters of thanks – without donors we would not be able to host these wonderful events.



THANK YOU MESSAGES FROM ATTENDEES

I wanted to say such a huge thank you to the sponsors and organisers of these events.

The events are truly something my heart kid looks forward to. He is overwhelmed, as are we, with the generosity and effort to have these events for us.

We are able to go out as a family and enjoy seeing smiles and hearing laughter, and then be rewarded with popcorn and goodies to enjoy whilst watching a movie. Thank you for making us feel lucky enough to be part of these events.

You don't know how much this means to children and families like ours xxxx

Kind Regards

Meredith and family

World Arthritis Day

Raising awareness of rheumatic and musculoskeletal diseases

World Arthritis Day is a global awareness day recognised every year on the 12th of October, which aims to raise awareness of rheumatic and musculoskeletal diseases and the impact they have.

Due to COVID uncertainty, we did not hold a face-to-face public event this year. However, we recorded speaker presentations and released them online over the course of the week. We had a range of topics presented by expert guest speakers including rheumatologists and a physiotherapist.

IMPORTANCE OF WORLD ARTHRITIS DAY



Professor Catherine Hill spoke to Steve Morris about the importance of World Arthritis Day. Catherine said she thinks World Arthritis Day is very important because the perception of the impact of arthritis is underestimated in the community.

She said that the common myths about arthritis being 'just a part of ageing' or 'there is nothing that we can do for arthritis' are both incorrect. She went on to say that in many cases there is much more that can be done for people living with arthritis, citing examples like hydrotherapy and analgesics.

Catherine said that one of the biggest challenges she sees faced by people living with arthritis is acknowledgement that the condition impacts their lives, that it can be treated, and that the access to care needs to improve.

Catherine also highlighted the impact of COVID, and that is a great concern for patients who are immunosuppressed.

Her one piece of takeaway advice was "that there is always something to help treat someone's arthritis, don't ignore it and seek help".

"there is always something to help treat someone's arthritis, don't ignore it and seek help."

EXERCISE IS A POWERFUL PILL

Matthew Beard is a physiotherapist, with experience working in a rheumatology clinic and in the private sector. He spoke to Arthritis SA about the importance of exercise when living with arthritis, highlighting the benefits of exercise for both mental and physical health.

He addressed the myth of exercise being bad for joint health referencing research where people with arthritis had followed an exercise program and had their scans as they went. No unexpected joint damage or acceleration in damage was found.

He said that two big questions people should ask when undertaking exercise should be "what are the risks and benefits of the approach?" and "how can I address my joint health?". Matthew also spoke about exercise as a pre-surgery intervention and for post-surgery rehabilitation, and how it can complement biologic therapy.

Matthew explained the concept of 'exercise as a pill' by saying "if we consider exercise like a powerful pill and if it was your GP or your physician that was discussing the next steps in your management. When they write out a script for you, they're trying to get the right drug, at the right dose in the right frequency, and this approach needs to apply to exercise. So whether we're considering your joint health or your heart health, what's the right exercise for you? What's the right dose? and how often? It's important to realise that most exercise routines in some way you have to do something most days of the week."

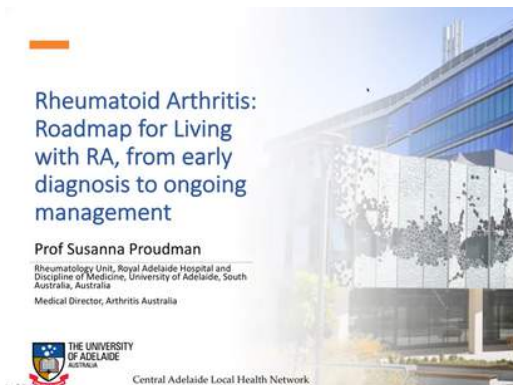
Matthew finished the chat by highlighting the importance of sticking with exercise once you start, and suggested ways to help such as making sure to walk your dog most days or exercising with friends or family members.



“if we consider exercise like a powerful pill and if it was your GP or your physician that was discussing the next steps in your management. When they write out a script for you, they're trying to get the right drug, at the right dose in the right frequency, and this approach needs to apply to exercise.”

To see the World Arthritis Day interviews and presentations in full visit the Arthritis SA YouTube channel, Facebook page, or website.

ROADMAP FOR LIVING WITH RHEUMATOID ARTHRITIS



Professor Susanna Proudman presented 'Roadmap for living with rheumatoid arthritis', covering topics including risk factors for developing rheumatoid arthritis, treatments and therapy options for living with rheumatoid arthritis, and the goals and outcomes for managing rheumatoid arthritis.

Prof. Proudman explained the stages of the therapeutic continuum; susceptibility, diagnosis, therapy, adjunctive therapy and survival, and the non-pharmacological strategies that relate to them.

She also discussed the role of modifiable risk factors in risk reduction for rheumatoid arthritis including; diet/healthy eating patterns, vitamin D, good dental hygiene, healthy lifestyle, physical activity, maintaining a healthy BMI, and not smoking.

LIVING WITH LUPUS

Rheumatologist Dr. Fiona Goldblatt presented 'Living with lupus', a presentation that covered topics including 'what is lupus', 'who gets lupus', and the symptoms of lupus. Dr. Goldblatt expanded on treatment options for people living with lupus, including anti-inflammatory medications, antimalarial drugs, corticosteroids, immune suppressants and biologics.

Dr. Goldblatt shared tips on controlling lupus such as, form a support system, get involved in your care, staying active, avoid excess sun exposure and stopping smoking. Her points to remember are:

- Most people with lupus can live normal lives. To prevent serious problems, you should see a rheumatologist often. This lets your doctor keep track of the disease and change the treatment as needed.
- If you do not live near a rheumatologist, you may need to have your primary care doctor manage your lupus with the help of a rheumatologist.



“Most people with lupus can live normal lives. To prevent serious problems, you should see a rheumatologist often.”

- The World Arthritis Day interviews are available online at our website, Facebook page or YouTube -.

UNIVERSITY OF ADELAIDE RESEARCH



Dr. Madeliene Bryant, a Rheumatology Registrar from SA Health, spoke to Steve Morris about her research project for her Master's Degree at the University of Adelaide. The study focusses on the improving patient care in rheumatology, looking at how patients perceive their experiences of going to rheumatology clinics.

She went on to discuss the methods that would be used for the research and how they were planning to recruit participants. Dr. Bryant explained that she hoped the outcome of the research would be a set of standard questions about patient reported experience measure that could be shared around Australia to guide how clinics could perform better.

CONSUMER STORIES

Cassie spoke about how her arthritis affected her life pre-diagnosis, and the relief she felt getting a formal diagnosis, because it meant she could start getting the right treatments. She went on to discuss how management strategies such as pacing and exercise, hydrotherapy in particular, had been of great benefit with managing daily life.

Cassie's message for young people living with arthritis is to prioritise yourself and look after your mental and physical health.



Christine spoke about the Arthritis SA services that she had used to help her with her arthritis. She chatted about the benefits and outcomes of the '10 Steps for Living Well with Arthritis' 4 week workshop. She discussed the content of the weeks and how she found the information to be easy to understand, and it helped break things down into easier actions, and strongly recommended that anyone with arthritis should do the program.

Christine also spoke about her experiences with hydrotherapy, including how enjoyable she found the exercises being easier in water.

- The World Arthritis Day interviews are available online at our website, Facebook page or YouTube -.

What's new in 2022

Hydrotherapy is changing at Arthritis SA in 2022

HYDRO MOVE

Designed for those new to hydrotherapy. Begin improving your strength, flexibility, balance and fitness with a tailored program.

- Track your progress! Pre and post fitness testing required for your individualised exercise program.
- 6-week program. 45 minute classes.

HYDRO FIT

Designed for those who are ready for more of a challenge or are regularly active. Work towards maintaining and building your health and wellbeing.

- Pre and post fitness testing available on request.
- 12-week program. 45 minute classes.

COSTS

- Hydro Move \$105
- Hydro Fit \$180
- \$30 for fitness testing and exercise program
*compulsory for those new to the Hydro Move program

Fees are payable in full or via direct debit payment plan. A non-refundable \$20 deposit is required to secure your place. Private health insurance rebates may apply. Talk to your provider.

For all enquiries, please contact Arthritis SA on (08) 8379 5711 or hydro@arthritissa.org.au

Repeat a program as many times as you like!

A	E	E	F	B	A	T	H	E	R	S	T	P	R
E	O	S	P	E	T	H	O	B	P	I	N	I	A
P	U	E	I	H	B	S	N	B	O	C	N	C	P
S	T	A	N	M	E	R	H	E	O	E	U	N	S
C	S	S	E	B	A	A	U	I	L	P	F	I	S
T	I	O	A	A	S	N	T	A	R	R	T	C	G
H	D	N	P	R	U	M	G	N	R	T	A	L	S
O	E	C	P	B	M	N	H	O	T	Y	H	B	Y
N	N	O	L	E	M	R	E	T	A	W	C	P	A
G	R	H	E	Q	E	B	Y	I	S	U	A	E	D
S	G	F	E	U	R	E	M	F	L	I	E	S	I
U	A	R	U	E	G	T	A	H	N	J	B	E	L
A	I	L	A	R	T	S	U	A	A	B	F	O	O
T	R	Y	R	A	U	N	A	J	T	T	W	J	H

Summer Word Find

Bathers
February
Australia
T-Shirt
Hat
Barbeque
Holidays
Pineapple
Season
Thongs
Ice

Heat
January
Watermelon
Flies
Picnic
Beach
Pool
Mango
Outside
Fun
Summer

Words may be
backwards, forwards,
sideways, diagonal, or
up and down

HYDRO FOR ARTHRITIS

**IMPROVE YOUR STRENGTH,
FLEXIBILITY AND BALANCE**

Why hydro?

- Warm water helps muscles relax and makes movement easier and more comfortable
- Anti-gravity environment
- Provides natural resistance for strength building
- Provides natural compression to help decrease swelling and improve circulation

Call (08) 8379 5711 for enquiries and to secure your place


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Arthritis SA is a registered charity (Licence No. CCP2463) all donations over \$2 are tax deductible



Your donation is much appreciated!

Thank you Steve Morris
CEO

Other ways to help:

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