

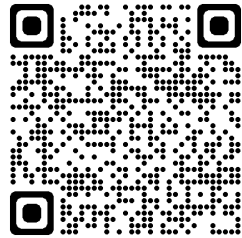


Start living well with  
arthritis today !

Questions?  
Contact Us

1800 011 041  
[www.arthritissa.org.au](http://www.arthritissa.org.au)

Scan the QR code  
to visit our website



### More about the program:

- Your GP Medical Clearance form and enrolment forms must be completed in full and returned before you can begin.
- The online e-learnings and mindfulness parts of the program are self-directed. You can do these anytime and anywhere that suits you!
- Contact Arthritis SA for face-to-face program locations
- The University of South Australia Exercise Physiology Clinic run the telehealth exercise classes on a Monday and Tuesday only. They will discuss with you which class you can join.

Funded by



An Australian Government Initiative

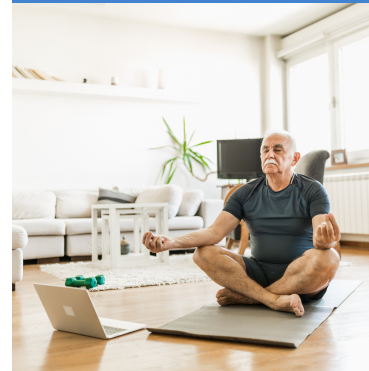


Allied Health &  
Human Performance



# REBOOT YOUR LIFE: LIVING WELL WITH ARTHRITIS

A FREE 10-week program for country  
South Australians over 50 living with arthritis.



## ABOUT THE PROGRAM

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Reboot Your Life: Living Well with Arthritis is a **FREE** 10-week program available face-to-face or online which you can do anywhere and anytime that suits you.

At the end of the program you will feel empowered by increasing your knowledge about arthritis and different ways to manage it, feel stronger, increase your balance and have more confidence about being physically active in life.

## WHAT DOES IT INCLUDE?

- 1. Weekly telehealth or face-to-face exercise classes**
- 2. Short weekly learnings covering the following topics & more:**

- What is arthritis? Common signs and symptoms
- Chronic pain and ways to manage it
- Arthritis and emotional wellbeing
- Physical activity
- Healthy eating
- Arthritis, stress and fatigue
- Mindfulness and relaxation exercises

**FREE ongoing weekly exercise classes are available for those who complete the full program!**



## WHO CAN JOIN?

- Anyone over 50 (or 40+ for First Nations people)
- Living in country and regional SA
- Diagnosed with arthritis
- Have reliable internet access\*
- Have a computer or tablet with a webcam and microphone\*

\*for telehealth participants only

## HOW DO I JOIN?

**Simply complete the forms below and return both to Arthritis SA.**

1. GP Medical Clearance (Rheumatologists can also sign this)
2. Enrolment Form

## HOW CAN I GET THE FORMS?



**Arthritis SA website:**

[www.arthritissa.org.au/services/reboot-your-life](http://www.arthritissa.org.au/services/reboot-your-life)



**Call us:**

1800 011 041 and we can email or post them to you

## HOW CAN I RETURN THE FORMS?



**Scan and email your forms** to [info@arthritissa.org.au](mailto:info@arthritissa.org.au)



**Post your forms** to Reboot Your Life Program, Arthritis SA, 111A Welland Avenue, Welland SA 5007