

Your gifts teach and inspire

Wellness Seminars bring people and knowledge together.

Sharon attended the Community Wellness Seminar in Orange earlier this year because she wanted to know the latest in arthritis research.

Thanks to you, Sharon was not only fully updated on the subject, she also networked with others and was inspired to try acupuncture for nerve pain, and see a rheumatologist to address other issues.

Your gifts gave her, and other locals living with arthritis, access to the latest information in research, exercise, pain management and nutrition, at no cost.

Help to try something new

In 2025, we ran seminars in four regional centres in NSW and QLD attended by almost 400 people. **You helped almost 400 people with similar challenges access each other to share stories, learn what worked, and seek reassurance before trying something new.**

Sharon was diagnosed with seronegative rheumatoid arthritis 30 years ago, when her son was two-years-old. 'I didn't have the strength to lift him on to the change table or use nappy pins,' she said.

'I've managed my arthritis myself and hadn't been to a rheumatologist for 10 years. I went to the seminar because I wanted to know what people are thinking now about treatments.

'The seminar had great speakers and it was useful to talk to local people with

arthritis because they know where you're coming from.

'It prompted me to see a rheumatologist for a variety of tests I needed, and try acupuncture for swelling and nerve pain. The acupuncture helped immensely.

'The seminar was a great way to get out of my head and listen to others who have something useful to share.'

Gifts like yours support people who live with arthritis in regional and rural areas.

To donate to the Arthritis Movement, call 1300 275 826 or visit: arthritis.org.au.



Sharon and her medical assistance dog Elliott who attended the seminar with her.