

Arthritis New Zealand

Improved health and well being for people affected by Arthritis.

Te whakapiki hauora, oranga hoki, o te hunga e pangia ana e te kaiponapona



Services Provided

We support clients of all age groups with any arthritic condition assisting with education, clinics, seminars and exercise groups.

The Fibromyalgia Support Group meets bi-monthly, a Fun Exercise Group is held each Tuesday and Hydrotherapy & pool exercise classes are held each Wednesday in Whangarei.

Visit our events calendar for these dates at tiaho.org.nz/about/events_calendar

We have several Arthritis educators in Northland who have a good knowledge of the condition and can give you free education on pain and self management techniques to help you cope with your Arthritis.

You can visit our webpage at tiaho.org.nz/arthritis to find your nearest support educator, their contact details and further information relating to the services they provide.

Free clinics are held throughout the Whangarei and Kaipara Districts. Please contact our office for more details about these.

Contact Details

Physical Address:

Level One, 25 Rathbone Street
Whangarei (lift access available)

Postal Address:

P O Box 1978
Whangarei 0140

Telephone:

09 438 5037

Freephone:

0800 663 463

Fax:

09 438 3742

Email Address:

scwhangarei@arthritis.org.nz

Website Address:

tiaho.org.nz/arthritis
arthritis.org.nz



Linking disability information to people
and families in Northland
tiaho.org.nz