

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:

- Fibromyalgia Support Group – 3rd Saturday each month
- Auto-Immune Support Group – bimonthly on 2nd Tuesday at 10am
- 20+ support group – 1st Saturday each month

Hydrotherapy & pool exercise classes:

- Whangarei Aquatic Centre every Wednesday - run by a qualified physiotherapist
- Te Hana Pool every Wednesday at 11 – 12noon, facilitated by physiotherapist
- Kerikeri – meet 4th Tuesday of each month

You can find the dates and times for these groups by visiting the Tiaho Trust events calendar at tiaho.org.nz/about/events_calendar or by contacting us at our office.

We have Arthritis Educators 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 Northland. Please contact our office for more details about these.

Contact Details

Postal Address:

P O Box 1978
Whangarei 0140

Telephone:

09 459 6100

Freephone:

0800 663 463

Email Address:

sue.baker@arthritis.org.nz

Website Address:

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