

Arthritis New Zealand

Our Vision: Improving the life of every person affected by arthritis

Ko tō mātou aronga: Kia whakapiki i te oranga o te hunga kua pāngia e te mate kaiponapona



**ARTHRITIS
NEW ZEALAND**

KAIPONAPONA AOTEAROA

Services Provided

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- A national helpline 0800 663 463
- Facebook Q & A sessions every Monday 7pm to 9pm
- Online and other support groups
- Support for Newly Diagnosed service—a chance to talk with someone who has the same condition
- Information about all forms of arthritis, treatments, pain management, employment issues and access to other support services
- Community development—helping others in your community support people with arthritis

Arthritis Educators are available on 0800 663 463 to provide specific information about your condition. They can recommend options for a better quality of life with the help of medications, exercise, joint protection, pain management and healthy food.

The following support groups are available in Whangarei:
20+ support group – first Saturday of each month
Autoimmune support group – bi-monthly on the second Tuesday of each month

Arthritis New Zealand recommends these hydrotherapy and pool exercise classes facilitated by qualified physiotherapists:

Whangarei Aquatic Centre – two sessions, Wednesday morning in school term time.

Te Hana Pool – one session, Wednesday morning in school term time.

Contact Details

Postal Address:

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