



Arthritis New Zealand 20+ Support Group

When: First Saturday of the month, 10am – 12pm

Where: New Hope Church, cnr Princes St and Nixon St, Kensington, Whangarei

Description: This is a social group for people who have arthritis to meet with other people for coffee and a chat.

Cost: \$2.00 per person.

For further information phone 0800 663 463 or email 20plussupportgroup@hotmail.co.nz

Arthritis New Zealand Autoimmune Support Group

When: Third Thursday of the month, 10am – 12pm

Description: A social group for people who have autoimmune forms of arthritis, such as rheumatoid arthritis and lupus.

For further information, phone 0800 663 463 or Sue Baker 027 422 6185.