

North Hampshire Versus Arthritis

Join us for some refreshments and opportunities to chat, get to know other people and share experiences. *Feel free to bring a friend.*

11.00am - 1.00pm

Fleet Town Football Club, 8A Crookham Road Fleet GU51 5DZ

Dates for 2023

- **Wednesday 4 January**
- **Wednesday 1 March**
- **Wednesday 3 May**
- **Wednesday 5 July**
- **Wednesday 6 September**
- **Wednesday 1 November**

Each meeting we will cover a subject, usually related to arthritis e.g. medication, exercise, diet or a quiz etc.

Informal meetings will also be held on alternate months from the dates above, on the first Wednesday from 11.00 – 13.00 at The De Haviland Arms on The Key, Elvetham Heath, Fleet, GU51 1HA.

Please contact the e-mail below to be put on the contact list and/ or with any queries.

**Friends
VERSUS
ARTHRITIS**



For more info about the group, please contact:
northhantsversusarthritis@googlemail.com

Versus Arthritis: Registered Charity England and Wales No. 207711, Scotland No. SC041156.