

**Information Sessions (May-July 2024)**

(free for anyone interested, out of borough clients, families and friends welcome)

No need for advance booking, just turn up on the day

**Self Management in Osteoarthritis:** 7 May (10.30am -12.00pm), Tolworth Library, 37-39 The Broadway, Surbiton KT6 7DJ

Learn about osteoarthritis and how to look after your joints using lifestyle factors.

**Osteoporosis and Bone Health:** 15 May (13.00-15.00), St George’s Church, Hamilton Avenue, Tolworth KT6 7PT

Learn about how to manage or prevent osteoporosis. We will discuss diet, exercise and lifestyle factors that affects our bones and how to keep them healthy and strong.

**Physical Activity:** 11 June (10.30am -12.00pm), Tolworth Library, 37-39 The Broadway, Surbiton KT6 7DJ

Learn about Physical activity and the type and amount of activities we need to do to maintain our health and wellbeing. Also learn about simple exercises to do at home

**Bone Health:** 9 July (10.30am -12.00pm), Tolworth Library, 37-39 The Broadway, Surbiton KT6 7DJ

Learn about how to look after your bones. We will discuss diet, exercise and lifestyle factors that affects our bones and how to keep them healthy and strong.

**Please let us know (0300 123 8086 or swlicb.betterbones@nhs.net)**: If you are unable to attend these sessions but interested in future sessions (face to face or online).