



Do you have osteoarthritis of the knee?

Are you over 45?

Do you want to manage your knee problem?

If you have been diagnosed with osteoarthritis in your knees, you could benefit from our FREE exercise course (12 sessions) and/or information session.

Starting Monday 8th January 2018 at 10.30am

At Sunray Community Centre, Knollmead, Tolworth KT5 9QP

Starting 9th Tuesday January at 13.00pm

At the Surbiton Library Hall, Ewell Road, Surbiton KT6 6AG

Starting 10th Wednesday January at 13.15pm

At New Malden Library, Kingston Road, New Malden, KT3 3LY

Places are limited, please contact:

Tel: 0300 123 8086

Email: KINCCG.betterbones@nhs.net

Web: <http://betterbones.kingston.gov.uk/become-a-member>





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