



nras

National Rheumatoid
Arthritis Society

For more information call

0845 458 3969

volunteers@nras.org.uk

www.nras.org.uk

Changing Minds, Changing Services, Changing Lives for people with RA and JIA



People living with RA, their family members, health professionals and carers are all invited to

NRAS Banbury Rheumatoid Arthritis Group

The Training Room at the Horton Hospital
Oxford Road, Banbury, OX16 9AL

**2017 Meetings held bi-monthly on a Wednesday
from 6:30pm-8:00pm**

- 12th April** Guest speaker Professor Peter Taylor will present:
'The right drug for the right person at the right time'
- 14th June** Social evening! Bring any useful RA gadgets you might have to share with the group.
- 9th Aug** Guest speaker Clare Crouch from Apple Nutrition will present:
'Nutrition and RA'
- 11th Oct** Guest speaker Tina Wells will present:
'Tai Chi Chih - Gentle Moving and Meditation'
- 13th Dec** Guest speaker Laurin Macdonald will present:
'Relaxation for Pain Management'

NRAS groups offer support; information on living with RA; the latest updates on the treatment of RA; encourage better self-management and much, much more.

