

Managing Arthritis

A practical workshop

Are you experiencing symptoms of Arthritis? Most people think it's inevitable, that as you age you get arthritis. But it's just not true for many people. So why you? Why me? and What can we do about it?



20 JUNE
2-4 PM

Join me for a practical and informative workshop on how to manage arthritis

BOOKING DETAILS HERE ⇒



Berenice Franklin was diagnosed with osteoarthritis & rheumatoid arthritis in 2020 after 5 years of increasing hip pain and decreasing mobility. Scheduled for a hip replacement.

Then - lockdowns ... She lived on crutches for 2 and a half years!

Now - walking again *without medical intervention*.

Want to take control of your recovery?

This workshop will give you practical experiences to *support you in managing your arthritis*.



Berenice Franklin

EMOTIONAL FREEDOM COACH

&

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Questions? Contact Berenice on 0468329852 or hello@groovytown.com.au