

# LIVING WELL WITH LESS PAIN

**Are you living with lower back pain, hip or knee osteoarthritis? Is your pain stopping you doing the things you enjoy?**

Sussex MSK Partnership East in collaboration with charity Arthritis Action, will hold a **FREE** workshop bringing together top healthcare experts who will advise on what you can do safely, how to lower your pain and live a fuller life.

**You will hear from:**

- ◆ **Clinical Specialist Physiotherapists**
- ◆ **Dietitian**
- ◆ **Pain specialists**
- ◆ **Patient organisations**
- ◆ **Health & wellbeing experts**
- ◆ **Patients**



**Wednesday 10th July, 9.30 am - 1pm**  
**The Hillcrest Community Centre, Newhaven**  
**Book on Eventbrite: [Living Well with Less Pain](#)**  
**or**

**Call: [01323 408 617](tel:01323408617) to reserve a place**



**Sussex MSK Partnership**  
**East**

