



GET BY WITH A LITTLE HELP FROM FRIENDS

Find peer support
from others with our
**Challenging Your
Condition**
course

Ards Elim
68 Court Street
Newtownards
BT23 7NX

Fridays
14th April – 19th May
11.00am - 1:30pm

 02890 782940

 nireland@versusarthritis.org

 QR code below

VERSUS ARTHRITIS

 Department of
Health
www.health-ni.gov.uk

