

PLEASE JOIN US for our next

Health *and* Wellbeing Talk

Thursday 20th June 2024 | 1.15 pm - 2.45 pm

**Arthritis Action -
Self Management and You**

with Marc Williams
From Arthritis Action

**A Free, informative presentation
about Arthritis and how you can manage it**

Duston Community Centre
Pendle Road, NN5 6DT

1.15 pm Refreshments
1.30 pm Talk
2.15 pm Q&A Session

**For more info & to book your FREE place, please
email events@duston-pc.gov.uk**

Duston Parish Council working in partnership with St Luke's PPG



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