



North Wales ARMA

Open Day

**At the Faenol Fawr Country House Hotel,
Bodelwydden LL18 5UN**

When: Thursday 8th October 2015

Time: 1:30pm – 5:00pm

Come and find out about the range of ARMA umbrella organisations such as *Arthritis Care, Scleroderma Society, National Ankylosing Spondylitis Society, Back Care, Lupus Society and more.....*

Information, leaflets, self management tips and support available.

Refreshments Available

Confirmation of attendance not required – *just come along!*

For more information contact Nia on: **01978 806108** or e-mail nial@arthritiscare.org.uk

