

NASS VOICES: LONDON | Saturday, 16 November 2019

Queen Elizabeth II (QEII) Conference Centre, Broad Sanctuary, Westminster, London SW1P 3EE

- 09:30 – 10:00 **Registration**
- 10:00 – 10:10 **Welcome to NASS Voices**
- 10:10 – 10:15 **Icebreaker**
- 10:15 – 11:15 **What is excellent care in axial SpA (AS)?**
- 11:15 – 11:30 **Refreshment Break**
- 11:30 – 12:15 **Managing your flares**
- 12:15 – 13:00 **Every Patient Every Time and Aspiring to Excellence Awards Ceremony**
- 13:00 – 14:00 **Lunch**
- 14:00 – 14:30 **Singing for your axial SpA**
- 14:30 – 15:00 **Put your best foot forward**
- 15:00 – 15:30 **Alexander Technique**
- 15:30 – 15:45 **Closing Remarks**



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