

Health and Wellbeing Workshop

Saturday 19 October (10 – 4pm)

The Merlin Centre, Hewas Water, PL26 7JF

£10 including tea and coffee, a full pack of NASS guides and a set of mood bands. You are also very welcome to bring along one carer, partner, friend, or family member for an additional £5.

Please bring your own lunch and wear loose fitting comfortable clothing for exercise taster sessions.

Book your place by emailing Dee (Cornwall@NASS.co.uk).

Outline Programme

Talks:

Introduction from NASS Cornwall Chair
Josephine Barron

Self-management of AS – Exercise is Anti-Inflammatory
Lizzy Mason, NASS Cornwall physiotherapist

NASS - What it is and how it can support you.
Sally Dickinson, Head of Information and Support Services
NASS

Soft tissue therapy: A gentle approach to AS and wellbeing
Lesley Pallett

Biologics - what they are and how they work + Q&A
Andrew Potheary, Specialist Pharmacist - Rheumatology

Practical sessions:

Exercise Taster Session: T'ai Chi for AS
Rachel Grande, Adult Rheumatology Physiotherapist

Keeping in touch via NASS Cornwall. How can we help ourselves and give each other support? Discussion and Q&A.

Exercise Taster Session - Nordic Walking
Kelly Bennett, professional trainer from Walk Kernow