



Do you want to talk to people without having to explain what's wrong with you?

Are people always saying 'But you're too young to have arthritis'?

Do you want to meet others facing similar challenges, who understand what YOU are going through?

If you are aged between 18-45 and living with arthritis, or have a partner living with arthritis in this age bracket, then we would love to meet you!

Our Sydney-based group meets socially to provide support for one another, share information & experiences, hints & tips on living with arthritis and on life in general.

We meet on the first Saturday of every month at 10:30am at Ryde/ Eastwood Leagues Club in West Ryde, and have regular social activities and weekends away. (See our website for full details)

For those of you outside of Sydney and those who prefer online communication, our website has message boards and will soon be hosting chat sessions as a supplement to our monthly social meetings.

To find out more, contact us:

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Providing Support and Information for 18 - 45 year olds with Arthritis and their Partners