

## Upcoming Events

### **JIA Family Fun Day**

**Saturday 27 June 2009, Cornelian Bay**

**12:00 noon**

A social day for children with Juvenile Arthritis and their families. Meeting at Cornelian Bay for a BBQ or picnic lunch (byo please) and then moving onto the Hobart Aquatic Centre for a swim. Everyone is very welcome to come along.

### **Independent Living Centre (ILC) visit to Arthritis Tasmania**

**Wednesday 3 June 2009, Board Room, Arthritis Tasmania, 127 Argyle Street, Hobart**

**11:30 - 2:00pm**

Come in and have a look at some of the aids and appliances available for people with arthritis (and a range of other health issues). The ILC provides advice and information about assistive technology. Assistive technology is a term for any device, system or design that allows you to perform a task that you may be otherwise unable to do (for example using a button hook to do up buttons, or a tap turner to turn on a tap), or increases the ease and safety of what you are doing.

Call in between 11:30 and 12:30 to chat with the Occupational Therapist and browse through some of the devices available. If you have a specific or in depth query make an appointment to see the Therapist between 1 and 2pm. Appointments can be made by phoning ILC on 1300 885 886.

### **Joint Replacement Information Session with Orthopaedic Surgeon Mr Miles Callahan**

**Wednesday 29 July 2009, 2:00pm at Meeting Room, Rosny Library, Bligh St, Rosny**

Learn about the latest in joint replacement surgery of the hips and knees. Orthopaedic surgeon Mr Miles Callahan will talk about surgery options, realistic expectations, long term prognosis, when to have surgery and more. An Occupational Therapist will also talk about aids and appliances necessary in the home to recover from surgery. Arthritis Tas members \$2, non members \$5.00

### **Osteoporosis Prevention and Management**

**Meeting Room, Glenorchy Library, Terry Street, Glenorchy**

**Tuesday 4 August 1:00 - 3:00pm**

Join an information session on osteoporosis treatment, management and prevention. Learn about calcium and vitamin d, medications, which exercise is good for bones and who is at risk of developing osteoporosis. Loads of information to hear and take away.

*Gold coin donation please*

***PLEASE TURN OVER FOR MORE EVENTS AND ACTIVITIES!***



**Osteoporosis Prevention and Management**

**Midlands Multipurpose Centre, Regional Health Services Room**

**Wednesday 5 August 2009 10:30 - 12:30pm**

Join an information session on osteoporosis treatment, management and prevention. Learn about calcium and vitamin d, medications, which exercise is good for bones and who is at risk of developing osteoporosis. Loads of information to hear and take away.

*Gold coin donation please*

**Down and Dirty in the Garden**

**Independent Living Centre (ILC) visit to Arthritis Tasmania**

**Wednesday 5 August 2009, Board Room, Arthritis Tasmania, 127 Argyle Street, Hobart**

**12:00 - 2pm**

The effort required to maintain a garden can be reduced by incorporating energy saving techniques, appropriate equipment and good design principles. Come along and listen to a talk by the Occupational Therapist on simple principles to save energy in the garden and view some of the equipment available. The talk will be held between 12:00 and 12:30pm.

From 12:30 - 1:00pm there is open access, where you can call in and have a look at some of the equipment available - both for in the garden and general daily living.

If you have a specific or in depth query make an appointment to see the Therapist between 1 and 2pm. Appointments can be made by phoning ILC on 1300 885 886.

**Psoriatic Arthritis with Rheumatologist Dr Jane Zochling**

**Wednesday 14 June, venue to be confirmed**

Dr Jane Zochling, Hobart Rheumatologist will speak on Psoriatic Arthritis. Learn about the condition, diagnosis and management, including the latest medications.

**Arthritis Separating Facts from Fiction - Seniors Week Celebration**

**Monday 5 October 2009, Glenorchy Library Meeting Room**

**10:30am - 12:30pm**

Join us in an informal discussion on Arthritis. There will be information on diet, exercise, medications (including complementary therapies) aids and appliances.

*Gold coin donation please.*

**Osteoporosis and Calcium**

**Tuesday 6 October, Kingston Library Meeting Room**

**11am - 1:00pm**

Join in an information session on osteoporosis treatment, management and prevention. Prepare and sample some tasty calcium rich recipes.

*\$8.50 to cover costs.*

**RSVP IS ESSENTIAL.**

**PLEASE CALL 1800 011 041 TO SECURE YOUR PLACE OR TO FIND OUT MORE INFORMATION**