

pain

Is **joint pain** stopping you doing the things you want?

Arthritis Care can help you find ways of **taking back control**

Call our free, confidential helpline today

0808 800 4050

helplines@arthritiscare.org.uk

or log onto our interactive website:

arthritiscare.org.uk



Member of the
**Telephone
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Quality & confidence for callers to helplines



ARTHRITIS CARE

*Empowering
people with arthritis.*