

OAK

OPTIONS ADVICE KNOWLEDGE
Knee

Want to know
more about living
well with knee
osteoarthritis

To book a free place click on
the QRL code



Are you over 45?
**Do you have knee pain
on activity?**
**Would you like to know
more about managing
your knee pain?**



Dates Available

Andersonstown leisure Centre - studio 2
Thursday 25th November 9-1pm

Girdwood community hub - main hall
Thursday 29th January 9-1pm

Avoniel leisure centre main hall
Thursday 26th march 9-1pm

Olympia leisure centre - main hall
Friday 23/6/26 9.30 to 1.30 pm