

OAK

OPTIONS ADVICE KNOWLEDGE
Knee

Want to know
more about living
well with knee
osteoarthritis ?



**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
10:30am- 12:30

**To book a free place click on the QR
code**