



**nras**  
National Rheumatoid  
Arthritis Society

For more information call  
**0845 458 3969**  
[volunteers@nras.org.uk](mailto:volunteers@nras.org.uk)  
[www.nras.org.uk](http://www.nras.org.uk)

A better life for people  
living with rheumatoid arthritis



*People living with RA, their family members, health professionals and carers are all invited to:*

## **NRAS Stoke-on-Trent Area Rheumatoid/Inflammatory Arthritis Group**

**Outpatients area at The Haywood Hospital**  
High Lane, Burslem, Stoke-on-Trent, ST6 7AG

**2017 meetings held on the *third* Thursday of every other  
month from 7:00pm-8:30pm**

**Next meeting: 18<sup>th</sup> May**  
**Chris Murray, local Yoga Instructor will do a talk on**  
**'the benefits of seated yoga'**

**Future meeting dates are as follows:**  
**20th July, 21st September and 16th November**

NRAS groups provide regular, informal gatherings offering information  
on disease self-management, guest speakers and lots, lots more.