



**Founded in 1976 to enable people suffering from arthritis and other musculoskeletal conditions to live their best life, and to ultimately conquer these conditions.**

It all starts with us understanding you, allowing us to signpost you in the right direction to provide trusted information and numerous ways to connect with others - finding the support you need to help you to help yourself.

Visit our website [www.cornwallarthritis.org.uk](http://www.cornwallarthritis.org.uk) to:

- 🕒 Find advice on living with and managing arthritis and other musculoskeletal conditions
- 🕒 Access up to date information about keeping active, financial help, and clinical information
- 🕒 Check out information on the latest research
- 🕒 Find local help and support
- 🕒 Subscribe to our newsletter

### **Would you like to 'Get Involved'?**

We depend on your involvement with us to make a difference to the lives of people suffering from Arthritis and other Musculoskeletal conditions in Cornwall. Meet new people and develop new skills. Register your interest via our website.



[cornwallarthritis.org.uk](http://cornwallarthritis.org.uk)

📷 @cornwallarthritis trust

📘 ArthritisTrust