



Start your journey to live well  
with arthritis today !

**Questions?  
Contact Us**

1800 011 041

[www.arthritissa.org.au](http://www.arthritissa.org.au)

**Note:**

- It is a condition of the program that your GP Medical Clearance form is signed and enrolment forms are completed in full and returned before you may begin.
- The self-management and mindfulness parts of the program are self-directed.
- The exercise section is led by Uni SA with fixed class times each week. Classes are currently offered on a Monday and Tuesday only. Access to a specific class is at the discretion of Uni SA.

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**phn**  
COUNTRY SA  
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**Arthritis**  
SOUTH AUSTRALIA



Allied Health &  
Human Performance



**REBOOT YOUR LIFE:**  
*LIVING WELL WITH  
ARTHRITIS*

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**Program Information**

# About the Program..

Reboot Your Life: Living Well with Arthritis is a **FREE** 10-week online program aimed at improving your wellness and giving you the knowledge and skills to live well with arthritis.

## It is conducted completely online and has 3 parts:

- self-management education covering topics such as understanding arthritis and arthritis pain.
- an evidence-based mindfulness program.
- telehealth exercise classes.

The program runs on a weekly basis across the 10 weeks with some parts self-directed and others led by an instructor.

## Can I join?

To join you must be:

- over 50
- living in regional SA
- living with arthritis
- have reliable internet access
- a computer or tablet with a webcam



# How do I join?

**Complete the forms listed below and return both to Arthritis SA.**

1. GP Medical Clearance
2. Enrolment Form

## Return both forms to:

info@arthritissa.org.au

or

Post to

Reboot Your Life Program, Arthritis SA  
111A Welland Avenue, Welland SA 5007

**Once received we'll contact you to get you started on the next steps on your wellness journey.**

## Need forms?

Call 1800 011 041 and we can email or post the forms to you.