

# Managing Osteoarthritis

# KNEE PAIN

Know your options, take control

CO-PRESENTED BY:



NORTHERN  
PAIN CENTRE



**FREE SEMINAR – 7 AUGUST 2018**

For people suffering with knee pain from osteoarthritis

## TOPICS & SPEAKERS

**Andrew Cairns**

Health Services Manager, Arthritis & Osteoporosis NSW

'Self-management & non-medical aspects of pain management'

**Dr. Lewis Holford**

Interventional Pain Medicine Specialist, Northern Pain Centre

'Managing osteoarthritis knee pain – medical & surgical options'

**DATE:** Tuesday 7 August 2018

**TIME:** 6:00pm for 6:30pm start

**VENUE:** North Shore Private Hospital  
Education Centre, Westbourne Street  
St Leonards NSW 2065

**REGISTRATIONS:** Online at <https://www.trybooking.com/WVSO>  
Or call Arthritis NSW on 02 9857 3300

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