



ARTHRITIS CARE
SCOTLAND

DELIVERING

STAYING CONNECTED

IN LATER LIFE

We are here to help!

**ONE-TO-ONE MENTORING IN
SELF-MANAGEMENT
FOR PEOPLE OVER 60 WITH ARTHRITIS**

TEL: 07773 033 695

stayconnectednairn@arthritiscare.org.uk

SERVICE MANAGER: Marion MacNeil

Town & County Hospital

Cawdor Road

NAIRN

IV12 5EE

Arthritis Care is a registered charity in England & Wales (206563)
and in Scotland (SCO38693)

Scotland office: Edward House, 283 West Campbell St, Glasgow, G2 4TT

Tel: 0141 954 7776