

BACK PAIN? JOINT PAIN? ARTHRITIS?

Muscular-Skeletal Conditions



Mike currently is a local physio in Exeter.
We will be looking at:

- how you can manage your conditions,
- how you can be referred to see a physio, and when you should be referred,
- how to manage your pain and sleep,
- how to pace yourself,
- and any other factors that may affect your condition.

30TH MARCH, 7PM

On Zoom

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