



Bone and Joint Disease - Solutions for the 21st Century A special event for health professionals and consumers

Saturday 18th October
Aikenhead Conference Centre, St Vincent's Hospital

PRESS RELEASE- September 2003 **FOR IMMEDIATE RELEASE**

"Self management programs that work." This is just one of the many topics that will be addressed at a special one day conference on Saturday 18th October hosted by the Australian Rheumatology Association, Victorian Branch in association with the Bone and Joint Decade and Arthritis Victoria.

Consumers will have a rare opportunity to hear presentations by experts in the field of bone and joint disease management and to participate in practical sessions on yoga, relaxation and Tai Chi.

A MORNING SESSION for health professionals will feature presentations from leaders in musculoskeletal disease management and research and will address current and future management of *arthritis, osteoporosis, trauma and sports medicine*. There will also be sessions on public health and epidemiology in musculoskeletal disease.

The ***AFTERNOON SESSION for consumers*** will feature the following topics:

- ***Taking control of your health - strategies for living.***
- ***What can you do to help manage arthritis and osteoporosis? - Self-management Programs that work.***
- ***Exercise - How Much, How often, What sort?***
- ***Complementary and Alternative Medicine - What is it? Does it work and what is the evidence?***

(Background information on the speakers will be available from 29th September from www.rheumatology.org.au please see attached brochure for further detail now)

Tickets for consumers are priced at \$15 which includes lunch, access to the afternoon program and the lunchtime workshops. Tickets for health professionals are \$75, which includes access to all the programs, morning tea and lunch. There will be trade and consumer displays throughout the day. For further information about this informative conference please contact Pharmaevents, telephone: 02 9280 0577 or e mail conferences@pharmaevents.com.au

- brochures are available from www.rheumatology.org.au

Media Interviews

If you would like to arrange an interview with one of the speakers please contact Robyn Middleton on 02 9256 5458. Additionally speakers present on the day will be available for interviews.

There will be **good photo opportunities** on the day during the lunchtime workshops (1-2 pm) on yoga, relaxation and Tai Chi.