

# RHEUMATOID ARTHRITIS LUPUS & JUVENILE ARTHRITIS

Your online support providing information and community about your disease and showing a pathway to self-care.

*Join us – it's FREE*

[www.dragon-claw.org](http://www.dragon-claw.org)

## Provide Hope by Reducing Isolation and Stress

Dragon Claw is a not-for-profit organisation run by patients and supporters to help address the non-medical needs of those diagnosed with Rheumatoid Arthritis, Lupus & Juvenile Arthritis and their carers.

- Pain Management
- Diet, Exercise & Meditation
- Sharing your story
- Research information
- Carer Support
- Community Forum
- Videos by professionals

Enquiries: Susan or Mike at [info@dragon-claw.org](mailto:info@dragon-claw.org)

**Join today – it is FREE**