



ARTHRITIS NEW ZEALAND

KAIPONAPONA AOTEAROA

FREIGHT CHARGES

\$10 for orders of up to 100 Qty in total, then an extra \$5 for every extra 100 Qty. For orders over 1000 Qty, contact us to discuss freight charge .

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	Title	Number Required
0800 number card		
Ankylosing Spondylitis Booklet		
Arthritis Pain		
Care of the Feet		
Complementary Therapies Brochure		
Fibromyalgia		
Gout – English (Out with Gout)		
Gout – Maori		
Gout – Nuiean		
Gout – Samoan		
Gout - Tongan		
Juvenile Idiopathic Arthritis (JIA)		
Lupus		
Managing your pain - Hindi		
Nutrition and Arthritis (previously called Diet)		currently being rewritten
Osteoarthritis - Hindi		
Osteoarthritis - Mandarin		
Osteoarthritis - English		
Osteoarthritis - Samoan		
Osteoarthritis - Tongan		
Payroll Giving		
Physical Activity		
Polymyalgia Rheumatica		
Psoriatic Arthritis		
Reactive Arthritis		
Rheumatoid Arthritis		
Scleroderma		

If you have any queries please contact Arthritis New Zealand on 0800 663 463

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Date Brochures sent: