World AS Day
8 May 2021

ASIF
AXIAL SPONDYLOARTHRITIS
INTERNATIONAL FEDERATION

World AS Day 2021

Together - axSpA and Emotional Wellness
Saturday 8th May

#together #axSpA #EmotionalWellness
www.asif.info/worldasday

Learn
Mental health, emotional wellness and arthritis.

Manage
How to reduce stress, anxiety and depression and improve your Emotional Wellness.

Support
How to seek help and support for your Emotional Wellness.

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