



# TOGETHER AGAINST AXIAL SPONDYLOARTHRITIS

## AN EVENING OF SUPPORT, MOVEMENT & HOPE

Free Entry | Safe & Supportive Environment |  
Urdu and English Friendly

**Theme:**

# Lace Up for axSpA



**SATURDAY**

3RD MAY, 2025

3:00 pm – 5:00 pm



**Arthritis Care  
Foundation**

Lahore, Pakistan



Call For Registration

**+92 335 6344400**



# AN EVENING OF SUPPORT, MOVEMENT & HOPE

World AS Day is an annual day dedicated to people living with axial spondyloarthritis (axSpA). It is celebrated across the world on the first Saturday of May.

AxSpA affects millions of people around the world. World AS Day aims to raise the profile of this disease and increase awareness of the impact it has on people's lives, physically, mentally and emotionally.

## What to Expect:

- Open forum to share stories and coping tips
- Q&A with doctors and physiotherapists
- Physiotherapy session for pain relief and flexibility
- Light refreshments and friendly networking
- axSpA self-assessment and feedback

## Who should attend?

People living with axial spondyloarthritis (axSpA), caregivers, family members, and anyone interested in learning more about the condition.

# Event Plan:

3:00 PM – 3:15 PM      Welcome & Registration

- Sign-in
- Ice-breaking chat

3:15 PM – 3:45 PM      Guided Physiotherapy Session

- Conducted by a professional physiotherapist
- Gentle exercises for managing stiffness and improving mobility
- Demonstration + audience participation
- Short Q&A on daily movement practices

3:45 PM – 4:15 PM      Refreshments & Networking

- Healthy snacks and drinks
- Informal interaction between attendees
- On-screen slideshow of AS awareness facts, journeys, and messages

4:15 PM – 4:45 PM      Open Forum + Story Sharing

- Participants share personal experiences (optional)
- Discussion on diagnosis challenges, coping, and positivity

4:45 PM – 5:00 PM      Closing & Feedback

- Summary remarks
- Thank-you notes and farewell

