



# World AS Day 2021

**Together - axSpA and Emotional Wellness**  
**Saturday 8th May**

*#together #axSpA #EmotionalWellness*  
*[www.asif.info/worldasday](http://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.

