

Don't let arthritis stop you from enjoying golf

There has been a very positive response to special Come & Try Golf packages offered to Arthritis Foundation members.

The packages were announced in the Spring edition of On The Move offering a 90-minute introduction to the game by accredited golf coach, Jon White.



The thicker grips compared with normal clubs

Jon has developed a simple, repeatable golf swing that does not place stress on the body, and he has introduced to Australia the Max-Impact TWIN golf clubs with grips that are much larger than conventional clubs.

With clubs that are easier for those with arthritis to hold, the Come & Try Golf packages allow people to practice at home to improve their swing and fitness and become more involved in the game.

"I've had some great feedback from people who participated in the course after reading about it in the last edition of On The Move," Jon said.

"One man said it was wonderful to be able to play golf again without having any stress on his body. He is now playing regularly.

"A lady decided to have some lessons despite her arthritis. She purchased a large handle club and was amazed at the simplicity of the swing. She plans to play golf and it has opened up a new dimension on life for her."



Jon White preparing to swing the club

Jon said the emphasis of his coaching was to encourage people to practice using the special swing to build fitness and confidence to play the game.

Packages for a maximum of six people per group cost \$44 each. They are presented at 27 Bagot Avenue, Mile End or at the Tap Inn at Kent Town.

A dollar for each club grip sold goes to the Arthritis Foundation.

For more information, go to the website www.easyswing.com.au or to make a booking telephone Jon White on 0405 354 276.



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