

Challenge Your Arthritis



A course to help people cope with the pain and day to day problems caused by arthritis and fibromyalgia delivered by specially trained people with arthritis who understand

Topics covered include:

Pain Management

Protecting Your Joints

Diet & Arthritis

Keeping Mobile

Coping with fatigue

Relaxation and more.....

**IT TAKES ONLY 2 ½ HOURS A WEEK FOR 6 WEEKS
FOR LONG LASTING BENEFIT**

NEXT COURSE:

Thursday mornings 10.00 am—12.30 pm

Bassendean Library

25 June—30 July 2009

Cost \$30.00

**LIMITED PLACES—BOOKINGS ESSENTIAL
FOR DETAILS AND ENROLMENTS CALL 9388 2199**

Arthritis
WESTERN AUSTRALIA