

Osteoarthritis of the Knee Education and Self-Management Program (OAK)

Arthritis WA has designed and trialed a holistic education and self-management program specifically for people with osteoarthritis of the knee (OAK). This program is facilitated by qualified health professionals and has been running for a number of years with excellent results.

Currently **conducted at the Wyllie Arthritis Centre in Shenton Park**, the program consists of 6 sessions of 2.5 hours once a week. We have created a relaxed, friendly and supportive group atmosphere, where you will learn how to manage your condition more effectively

Participants who wish to be participate in the program need have been diagnosed with osteoarthritis in one or both knees by a medical practitioner. A program fee of **\$30.00 is charged for the 6 sessions**. Participants may bring their partner along for an additional \$5.00.

Program Topics include:

- *Information about osteoarthritis*
- *How to exercise correctly*
- *Pain management strategies*
- *Information about medications and their side effects*
- *Nutrition & healthy eating*
- *Emotions and arthritis*
- *Fatigue, relaxation techniques, and much, much more!*

Enrolment is essential — For more information phone 9388 2199



Australian Rheumatology Association endorsed program



Something can be done