

## Rheumatoid and Inflammatory Arthritis Education & Self-Management Program (RA-P)

This program is the first disease-specific program in Australia for people with rheumatoid arthritis, psoriatic arthritis, seronegative rheumatoid arthritis. The program, facilitated by qualified health professionals, offers a holistic approach providing disease specific education and self-management techniques to people diagnosed with these conditions.

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 participate in the program need to have been diagnosed with Rheumatoid or other Inflammatory arthritis 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:**

- *Learning about your disease: signs & symptoms, diagnosis*
- *The immune system and auto-immune diseases*
- *Overview: medications and blood tests*
- *Causes and management of fatigue*
- *Pain management techniques*
- *Activity and exercise*
- *Nutrition & healthy eating*
- *Emotions and arthritis*
- *Joint protection techniques*
- *Alternative therapies*
- *Osteoporosis*

**Enrolment is essential — For more information phone 9388 2199**



Australian Rheumatology Association endorsed program