

# Down The Garden Path



## The Arthritis Self Management Program

The Arthritis Society

For more than 10 years The Arthritis Society has helped thousands of people with arthritis improve their lives through the Arthritis Self-Management Program (ASMP). The ASMP is for all people living with Arthritis & Fibromyalgia.

The ASMP gives you a chance to obtain new information, learn new skills, discuss new ideas and share experiences.

### This six-week course is designed to help YOU:

- Better understand your arthritis and its treatments
- Learn ways to cope with chronic pain and fatigue
- Take a more active role in your own arthritis care
- Learn about healthy eating
- Learn about exercises and arthritis
- Hear information about arthritis medications, supplements and therapies
- Share experiences with others living with arthritis

Trained volunteers teach this 6-week health program in weekly two-hour sessions.

Become one of more than 9,000 Ontarians who have learned effective ways of dealing with their arthritis from this program. The cost is only \$35 but space is limited.

To reach The Arthritis Society simply call 1-800-321-1433

**"Through the ASMP groups for the past eight years, I have had the privilege and pleasure of witnessing scores of incredible people take charge of their illness, learn coping skills, and regain hope."**

**Doreen Warner-Fibke, Volunteer ASMP Team Leader**



Arthritis Public Forums are being held throughout September and October in communities across the province. Topics include Total Joint Replacement, Taking Charge of your Arthritis and Standing Tall with Spondylitis.

Why not invite your Members and your community to participate in one of these sessions? Gather friends, family and WI Members to share transportation. Anyone who attends can also share this information with the rest of your Branch after the event.

For more information on Arthritis Public Forums, call 1-800-321-1433 or visit [www.arthritis.ca](http://www.arthritis.ca)