

We're putting you in **CONTROL.**



Free Workshop

TAKING CHARGE OF YOUR RHEUMATOID ARTHRITIS

Learn more about how to manage your symptoms.

Taking Charge of Your Rheumatoid Arthritis is a series of educational sessions designed to give people the resources they need to cope with this disease. Our instructors are healthcare professionals with advanced training in the management of arthritis.

This is the first step on the path to understanding your condition and minimizing its impact on your daily life. We'll review exercises that can reduce your symptoms and introduce you to the latest available treatment options and aids. You'll also learn about complementary therapies and discover coping mechanisms to help you deal with your arthritis.

Topics covered over a series of sessions include:

- What is rheumatoid arthritis?
- Medications
- Managing your rheumatoid arthritis
- Coping with rheumatoid arthritis

Take control of your rheumatoid arthritis so that it doesn't control you.

Arthritis Rehabilitation and Education Program **AREP**

Dates: **Thursday April 7, 2016 – What is Rheumatoid Arthritis? Medications**
Thursday April 14, 2016 – Splinting/Bracing, Assistive Devices, Joint Protection and Energy Conservation
Thursday April 21, 2016 – Managing the emotional aspect of Rheumatoid Arthritis
Thursday April 28, 2016 – Posture and best use of exercise

Time: **10:00 a.m. to 12:00 p.m.**

Cost: **Free of charge**

Location: **Westmount Recreation Centre**
35 Lynbrook Dr. Hamilton ON

For more information or to register, contact:

Darlene at: 1.800.321.1433 ext. 1301

Pre-registration required. Contact us today to register for this free session.

SUPPORTED BY:



WE HAVE ARTHRITIS IT DOESN'T HAVE US

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