



Arthritis Foundation Self-Help ProgramSM

**For people with Arthritis,
Fibromyalgia, and Lupus**

**Take Control of Your Health
Learn to say “KNOW” to Arthritis Pain**



Gain support from others in a small group setting.

- Break the pain cycle.
- Set goals to do the things you want to do.
- Learn to eat healthy and stay active.

Sign Up Today!

Call:

Offered at No Charge



South Carolina Department of Health
and Environmental Control

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