

Take Action!

Don't let your arthritis control you.
Order your toolkit today.

S.C. DHEC Arthritis Prevention and Control Program
<http://www.scdhec.gov/arthritis>

Arthritis Foundation
<http://www.arthritis.org>

Funding is provided by the US Centers for Disease Control and Prevention and the Arthritis Foundation.



South Carolina Department of Health and Environmental Control

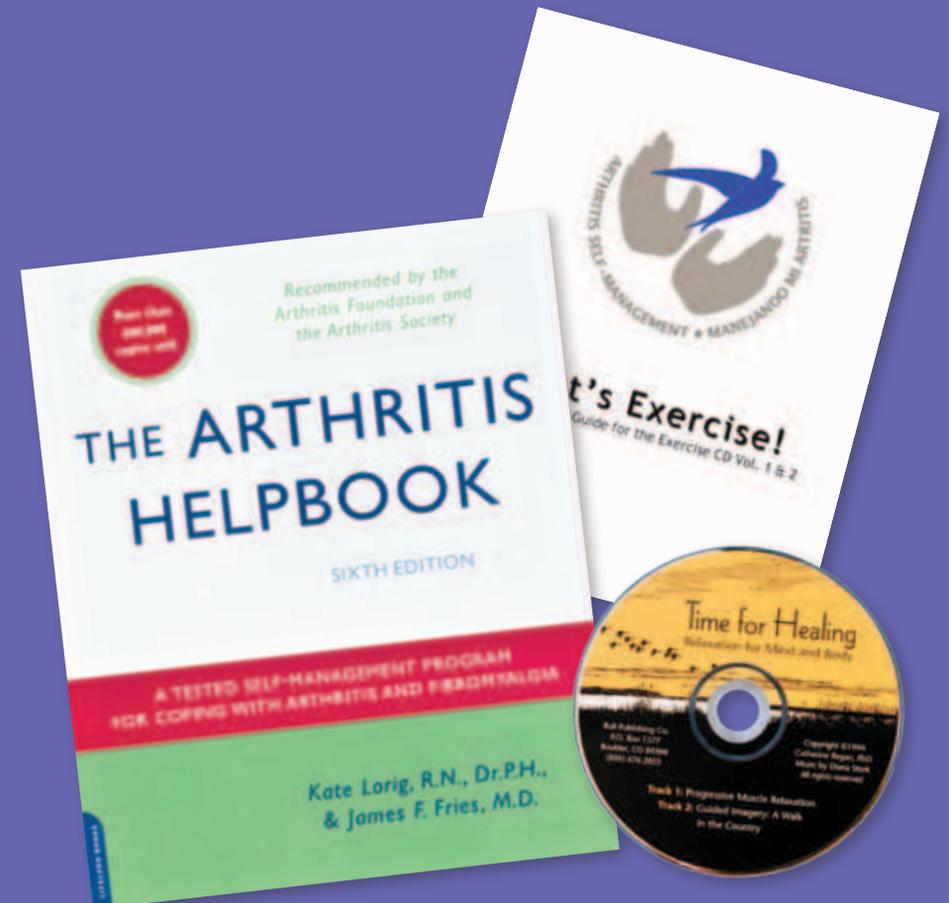
www.scdhec.gov



CR-010161 2/2012

The Arthritis Toolkit

Do you have Arthritis, Fibromyalgia, or Lupus?
Take Control



Order your Arthritis Toolkit today!
1-866-899-3663

The Arthritis Toolkit

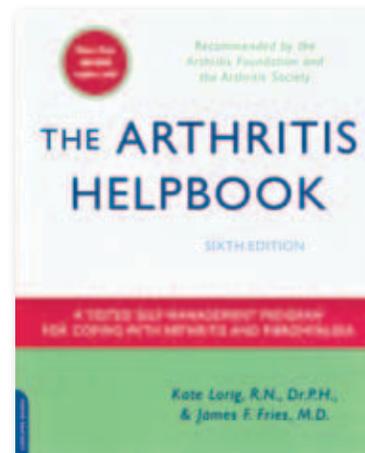
- ✓ The Arthritis Toolkit is a self-study program that gives you the basic building blocks to create a personalized approach to managing your arthritis at home.
- ✓ Learn how to manage your symptoms, reduce your pain and stiffness, and exercise safely.
- ✓ Toolkits can be checked out for 6 weeks through S.C. DHEC.

Inside the toolkit...

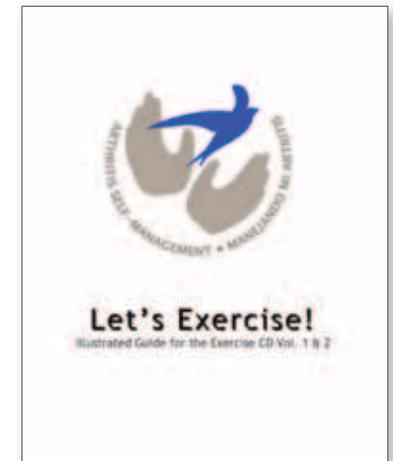
Each Arthritis Toolkit comes with:

- 1 The Arthritis Helpbook
- 2 An Illustrated Exercise Guide
- 3 Helpful Information Sheets
- 4 A Self-Test that helps you identify your problem areas and set priorities for your personal action plan
- 5 2 Exercise CDs
- 6 1 Relaxation CD

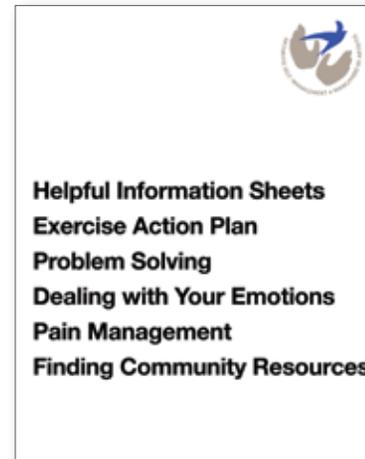
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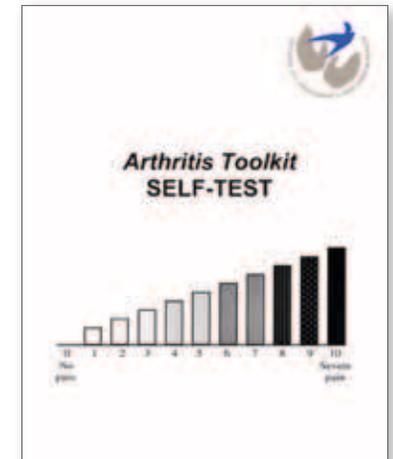
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