



Self-Help Classes

- Meet for two hours once a week for six weeks. Time varies at each location.
- Are offered at no charge at most locations.

Strength In Numbers...

Gain support from others who have arthritis. You can share common concerns and learn from others who are facing some of the same challenges.

Don't Let Your Arthritis Control You Sign Up Today

For more information, contact:

S.C. DHEC Arthritis Prevention
and Control Program

<http://www.scdhec.gov/arthritis>

S.C. Lieutenant Governor's Office on Aging

<http://www.aging.sc.gov>

Arthritis Foundation

<http://www.arthritis.org>

This program is offered in partnership with many organizations throughout South Carolina. Funding is provided by the US Centers for Disease Control and Prevention and the US Administration on Aging.



South Carolina Department of Health
and Environmental Control

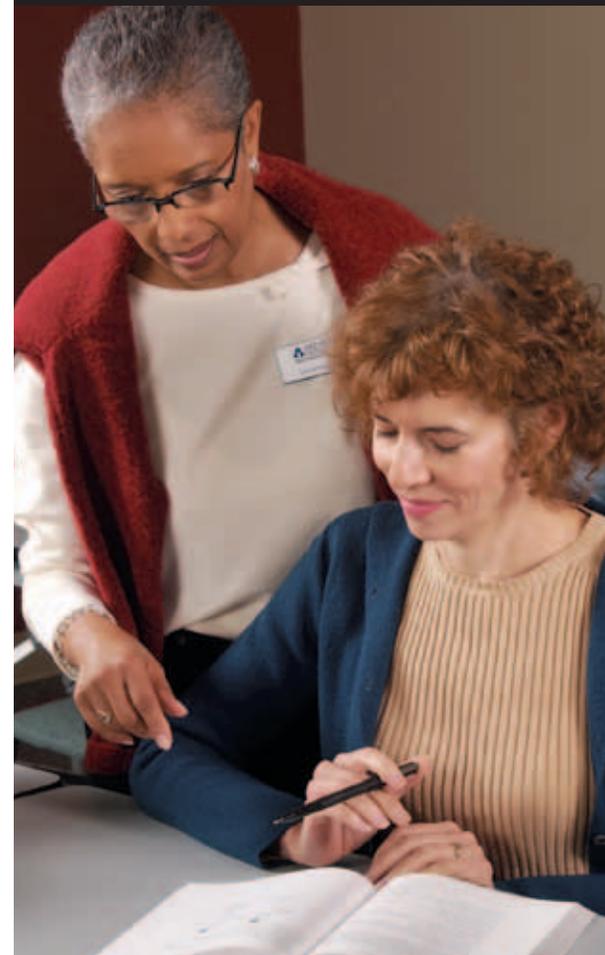
www.scdhec.gov



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Take Control With Knowledge

Arthritis Self-Management Program



For people with Arthritis,
Fibromyalgia, and Lupus

Know the Symptoms

- Do you have pain?
- Are you less active than you'd like to be?
- Do you suffer from stiffness due to arthritis?
- Are you tired all the time?

Take Control of Your Health and Learn

- How to break the pain cycle
- The value of exercise
- Healthy eating habits
- How to set goals
- How to deal with difficult emotions
- Relaxation techniques to handle stress
- How to get a good night's sleep
- Medication use and effects
- How to talk with your doctor

Trained Leaders Help You Gain The Knowledge You Need

Trained leaders teach each class. Leaders are approved by the Stanford University School of Medicine and recognized by the Arthritis Foundation.



Learn how you can live a fuller and more active life.

The Arthritis Self-Management Program is tailor-made for people with arthritis.

Learn to Say “Know” to Arthritis Pain

The Arthritis Self-Management Program was developed at Stanford University School of Medicine. It gives people with arthritis, fibromyalgia, and lupus knowledge to take control of their health. Each session provides tips for managing arthritis.

Self-Management is not a quick fix, but rather a way of life to be practiced every day.

We Get Results

Participants have reported:

- Less pain and depression
- Fewer doctor visits
- Increased physical activity
- Improved confidence in ability to manage their condition