



Is hosting *Two Free Public Forums*

Wednesday, March 7th, 2012

at the Comox Valley Nursing Centre
615-10th Street, Courtenay, BC

EXERCISE CONTROL OVER ARTHRITIS

Almost two-thirds of Canadians struggling with arthritis believe that physical activity poses the risk of aggravating their symptoms. Are you missing out on some of the most effective treatments for joint pain? Join this 2 hour workshop where you will learn the truth about this and walk away more confident in your understanding of how and why 'movement matters'.

10:00 Am to 12:00 Noon

CHRONIC PAIN MANAGEMENT WORKSHOP

Based on the Internationally Recognized Arthritis Self-Management Program - this two hour forum introduces participants to the principles of pain management. Participants will have the chance to learn self-management skills that will complement conventional treatments and programs while being introduced to different methods to cope with chronic pain. Anyone with any type of Chronic Pain is welcome to attend.

2:00 pm to 4:00 pm

Facilitated by Cari Taylor – Mgr. of Education & Services for the Arthritis Society - Vancouver Island

***Space is Limited so please register by calling
TOLL-FREE 1.866.414.7766***

Or email: registration@bc.arthritis.ca