



ARTHRITIS CARE

*Empowering  
people with arthritis.*

## Do you have a long-term health condition?

Such as heart/lung disease, back pain, diabetes, migraine, arthritis, IBS, osteoporosis, ME, MS, crohn's, stroke, depression, parkinson's etc

Join a **FREE** six week (2½ hrs per week) **Challenging Your Condition** self-management course and learn new ways to deal with your condition. Topics include pain/symptom management, relaxation, exercise, healthy eating, fatigue, dealing with negative feelings and relationships with health professionals

**Courses held throughout the year.**

Next course to be held in:

**LUTON IN MARCH 2009**

Contact: **South England Office: Tel: 0844 888 2111**

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