



The Arthritis Toolkit or Manejando Mi Artritis

A self-study guide for people with arthritis to do at home.

- Learn ways to control pain, exercise safely, stay healthy, and be more independent.
- Work through the program at your own pace and tailor it to your needs.
- Information in the print materials and audio CDs comes from the Arthritis Self-Management Program, a group class for people with arthritis.
- People who use the toolkit:
 - Have less pain
 - Feel less tired and depressed
 - Can function better
 - Are more confident they can manage their arthritis
- The toolkit is available in Spanish as *Manejando Mi Artritis*.

Get your copy now. See the back of this flyer for ordering information.



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