



## **Better Choices, Better Health™ (BCBH) for Arthritis**

An Internet-based program for people with arthritis.

- Learn ways to control pain, stay independent, and feel more in charge of your health.
- Share your stories, struggles, and success with other people through secure online message boards.
- The program is 6 weeks long. Log on from your computer at your convenience.
- Trained moderators guide you and offer support.
- People who take the program:
  - Have less arthritis pain
  - Are able to get around and function better
  - Feel better overall
  - Feel more confident they can manage their arthritis

Sign up for the program today at [www.arthritis.org/betterhealth](http://www.arthritis.org/betterhealth).

You'll receive an email when the next workshop is available.



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