



Arthritis Self-Management Program (ASMP)

A series of workshops for people with arthritis. Your friends and family can take it, too.

- Learn ways to control pain, stay independent, and feel more in charge of your health.
- Talk to other people about what helps them deal with their arthritis.
- Workshops are 2–2½ hours long. They meet once a week for 6 weeks.
- They're led by trained instructors who have or understand arthritis.
- People who take the workshops:
 - Have less arthritis pain
 - Are less tired and less depressed
 - Get more exercise
 - Can talk to their doctors and families more easily
 - Feel more confident they can manage their own health

Look for a class near you. See the back of this flyer for locations and schedules.



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