

Challenging Your Condition

Managing life with a long-term chronic condition

- For people with a long-term chronic condition, such as arthritis, diabetes and MS, who want to learn self-management skills and techniques to help better manage their condition.
- Learn techniques on every aspect of life with a long-term chronic condition – including pain management, relaxation, diet and relationships with health professionals.
- Helps improve communication skills, encourage people to exercise, and provides support and understanding from being with others.
- One session a week for six weeks led by fully trained people with a chronic condition.
- Free to people over the age of 18.
- For more information about Arthritis Care and the services we offer, contact us at: www.arthritiscare.org.uk

For more information contact:

South England Regional office

telephone

0844 888 2111 (low cost call)

email

seregoffice@arthritiscare.org.uk

ARTHRITIS CARE

*Empowering
people with arthritis.*

Registered Charity No. 206563