

We're putting you in **CONTROL.**



Free Workshop

TAKING CHARGE OF YOUR FIBROMYALGIA

Find out strategies for living well with Fibromyalgia.

This two session education and exercise program will be led by an Occupational Therapist or Physiotherapist and a Social Worker. You will be interacting with others who share your condition and can truly understand what you're going through.

Learn more about:

- fibromyalgia
- challenges of living with chronic pain
- coping strategies
- education and exercise resources
- community resources

Arthritis Rehabilitation and Education Program **AREP**

Date: **Thursday, October 4, 2018**

Time: **12:30 to 3:30 p.m.**

Cost: **Free of charge**

Location: **East Wellington FHT**

6 Thompson Cres, Unit 1, Erin, ON

For more information or to register, contact
1.800.321.1433, ext 1101

Pre-registration required. Contact us today to register for this free session.

SUPPORTED BY:



Ontario

Local Health Integration
Network
Réseau local d'intégration
des services de santé

WE HAVE ARTHRITIS IT DOESN'T HAVE US

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**The Arthritis
Society**