



inc. OSTEOPOROSIS QUEENSLAND

LEARN MORE ABOUT YOUR ARTHRITIS AND HOW TO MANAGE IT.

Arthritis Queensland conducts the following programs which are designed to give you the knowledge and skills to lead active and satisfying lives in spite of your arthritis. These courses will be held in various locations around South East Queensland.

Osteoarthritis of the knee (OAK Program)

Education and self management program designed for people who have been diagnosed with osteoarthritis in knees.

6 weekly x 2 1/2 hr sessions

**Cost \$80 or \$40 Arthritis
Queensland members**

Rheumatoid/Inflammatory (RA Program)

Education and self management program designed for people with Rheumatoid Arthritis, Psoriatic Arthritis or Sero Negative Inflammatory Arthritis.

6 weekly x 2 1/2 hr sessions

**Cost \$80 or \$40 Arthritis
Queensland members**

Challenging Pain Workshop

Program to provide participants with easy skills and techniques to manage long term musculoskeletal pain more effectively

2 weekly x 2 1/2 hr sessions

Cost \$25

Arthritis Self Help Course

Program designed to give you skills to enable you to effectively manage the impact of arthritis on your life.

6 weekly x 2 hr sessions

**Cost \$80 or \$40 Arthritis
Queensland members**

For more details

Arthritis Queensland on 1800 011 041

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