



## Take Charge of Pain Course

**How does pain impact on your life?  
How does life impact on your pain?**

The course, presented by Arthritis SA, offers you the opportunity to spend some time looking at your world and seeing how you can manage pain from many different angles.

**Topics covered include:**

**What is pain** – difference between acute and chronic pain

**Finding ways to reduce pain** – pacing, modifying and diversion

**Understanding** how to make these changes

**Using your medications** in the best possible ways

**Think positively...** and much more!

**Held over 2 days for  
2 1/2 hours each day**

**Venue**

Arthritis SA,  
118 Richmond Rd, Marleston  
and other community venues

Various dates and times  
available



### BOOKINGS ESSENTIAL

For bookings or enquiries please ring Arthritis SA on 08 8379 5711 or 1800 011 041

Arthritis SA - 118 Richmond Road, Marleston SA 5033

[www.arthritissa.org.au](http://www.arthritissa.org.au)