

Course Overview

Take charge of pain

Learn about persistent pain and ways to improve your quality of life through self-management. Including the science of pain, pacing, relaxation and understanding medications. Gain confidence and take charge of pain today.

2 x 2.5 hour interactive workshops run over 2 weeks

Take charge of arthritis

Learn about the causes of your arthritis and current treatment options including medications, surgery and lifestyle approaches related to specific arthritis conditions. Family and friends welcome.

Courses available in 2018:

Take Charge of Rheumatoid Arthritis
Take Charge of Osteoarthritis
Take Charge of Inflammatory Arthritis
(Ankylosing Spondylitis & Psoriatic Arthritis)

1 x 3 hour interactive workshop

All courses are FREE for Arthritis SA Members, \$40 for non-members.

Course and Seminar Costs

Courses \$40
FREE for Arthritis SA Members

Seminars \$10
Concession Card Holders \$5
FREE for Arthritis SA Members

BOOKINGS ESSENTIAL

For more information or to register for any courses and seminars please contact Arthritis South Australia on **(08) 8379 5711** or Freecall **1800 011 041** or visit the website on **www.arthritissa.org.au**

Contact Us

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Arthritis SA's 2018 Seminars

So you have osteoarthritis – what now?

Wednesday 21 February, 1 - 3pm

Being diagnosed with arthritis can be a shock. But there are ways to live well with osteoarthritis. Come to this interactive talk to find out what you can do next.

Nutrition for health

Tuesday 20 March, 6 - 7:30pm

While there is no dietary cure for arthritis, certain foods have been shown to fight inflammation, strengthen bones and boost the immune system. Join our dietitian to learn how a healthy diet can help your arthritis.

Arthritis below the belt

Wednesday 11 April, 1 - 4pm

Come and hear a variety of speakers talk about bladder and bowel issues in relation to arthritis including dietary information and practical pelvic floor advice.

Pain management update

Thursday 21 June, 6 - 7.30pm

Living well with chronic pain can be a challenge, come and hear our expert speakers provide tips and strategies for managing chronic pain in daily life.

Bookings essential.

Work, life, balance – finding the right support for arthritis

Thursday 26 July, 6 - 7.30pm

This seminar will discuss programs that can help you stay at work and get the support you need, including basic financial tips if considering early retirement, understanding the NDIS, and accessing superannuation.

The body beautiful - LSS Event

Thursday 13 September, 1 - 4pm

Living with a chronic condition can change how we see ourselves. This interactive session will include a variety of speakers to help you feel more positive.

Arthritis expo – Everything you ever wanted to know about arthritis

Friday 12 October, 10 - 2pm

Pop in and browse the stalls of our first Arthritis expo to find useful aids, products and information. Arthritis SA health educators will be available to chat with you on the day.

Better bone health in 3 easy steps

Tuesday 21 November 2018, 1 - 4pm

Come and learn about 3 simple steps to building better bone health at any age. If you are concerned about bone loss or have been diagnosed with osteopenia or osteoporosis – this seminar is for you.

