

Taking Charge of Fibromyalgia

SELF HELP EDUCATION PROGRAM FOR FIBROMYALGIA

The Board of the Fibromyalgia Support Group of Winnipeg has organized this Program to educate people with the most up-to-date information on Fibromyalgia, enabling them to become the primary movers in the management of their condition.

The program consists of a six-hour educational slide series. The course material is updated and comprehensive, providing valuable information for those coping with Fibromyalgia.

We will be offering the course over three sessions in the Spring and Fall to help those diagnosed with Fibromyalgia to started managing their condition. The course will be taught by volunteer instructors with various backgrounds who have Fibromyalgia. All proceeds are directed back to the Support Group and are used to educate the public, increase awareness and provide support for those with Fibromyalgia.

Program Dates:

Spring Course: May 10th, 14th, 17th, 2012

6:30 p.m. to 8:30 p.m.

Fall Course: November 15th, 19th, 22nd, 2012

1:30 p.m. to 3:30 p.m.

Location: 825 Sherbrook Street, 2nd floor, Room 202 or 203 across from the Clearing House office

*Cost of Course:

Members: \$25.00

Non-members: \$35.00

Spouse/Partner: \$10.00

(* No one will be refused attendance at the course if finances do not permit payment of the full course fee) For more information call the office at: 975-3037

Major topics to be covered in the course will include:

Session I: History, Diagnosis and Symptoms, Research, Sleep Disturbance

Session II: Medications, Nutrition, Pain Management, Exercise

Session III: Doctor/Patient Relationship, Stress Management, Psychological Aspects, Flare-up Management

Application Form

DEADLINE FOR SUBMISSION:

Spring: April 20, 2012

Fall: October 26, 2012

YES!! I would like to attend the "Taking Charge of Fibromyalgia" Course.

Name _____ Phone _____

Address _____ Postal Code _____

Cost: Members: \$25.00

Non-members: \$35.00

Spouse/Partner: \$10.00

Spring Course: May 10, 14, 17/ 2012

Fall Course: November 15, 19, 22/ 2012

Total Enclosed: \$_____ Please make cheque payable to: *The Fibromyalgia Support Group of Winnipeg*

Please Return to: Fibromyalgia Support Group of Winnipeg Inc.

Education Program

c/o 10 Kimwood Bay

Winnipeg, MB R2V 2P6

fmswinnipeg.com