

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 a valuable educational program for those coping with Fibromyalgia.

We will be offering the course over three sessions and have expanded the program to include practical sessions to further help those get started on managing their fibromyalgia symptoms. The course will be taught by volunteer instructors with various backgrounds who have fibromyalgia. All proceeds are directed back to the Support Group.

Program Dates:

Fall Course: Nov. 13th and 20th, 2008
12:30 p.m. to 3:30 p.m.
(two three-hour sessions)

Location: 825 Sherbrook Street, 2nd floor, Room 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: Fall: October 24, 2008

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

Fall Course: Nov. 13, 20, 2008

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