



## *Programs - Mid to North Island regions of Vancouver Island – Fall 2011*

### **Duncan**

**Monday, October 3<sup>rd</sup>, 2011**                      **6:00 pm – 8:00 pm**

#### **Chronic Pain Management Workshop**

The main objective of this workshop is to improve your understanding of the principles of pain management and its treatments, introduce different methods to cope with chronic pain, and show how to take an active role in your own pain management.

Participants have the chance to learn new information and skills, that will complement conventional treatments and programs, discuss ideas and share experiences with others that have chronic pain such as arthritis. Everyone is welcome to attend.

Best Western Cowichan Valley Inn – 6474 Trans Canada Hwy , Duncan, BC

To Register Call 250-519-4000 or Toll Free 1-866-414-7766 or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

**Tuesday, October 4<sup>th</sup>, 2011**                      **10:00 am – 12:00 Noon**

#### **Exercise Control over Arthritis.**

Almost two-thirds of Canadians struggling with arthritis believe that physical activity poses the risk of aggravating their symptoms.

Are you missing out on some of the most effective treatments for joint pain? Join this 2 hour workshop where you will learn the truth about this and walk away more confident in your understanding of how and why 'movement matters'.

Best Western Cowichan Valley Inn – 6474 Trans Canada Hwy , Duncan, BC

To Register Call 250-519-4000 or Toll Free 1-866-414-7766 or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

### **Nanaimo**

**Thursday, October 27<sup>th</sup>, 2011**                      **6:00 pm – 8:00 pm**

#### **Chronic Pain Management Workshop**

The main objective of this workshop is to improve your understanding of the principles of pain management and its treatments, introduce different methods to cope with chronic pain, and show how to take an active role in your own pain management.

Participants have the chance to learn new information and skills, that will complement conventional treatments and programs, discuss ideas and share experiences with others that have chronic pain such as arthritis. Everyone is welcome to attend.

Best Western Northgate Inn – 6450 Metral Drive, Nanaimo, BC

To Register Call Toll Free 1-866-414-7766 or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

**Friday, October 28<sup>th</sup>, 2011**                      **10:00 am – 12:00 Noon**

#### **Arthritis & Stress**

Arthritis can be a debilitating disease. Add the stresses of everyday life and it may become overwhelming. In this 2 hour interactive workshop, you will learn about the relationship between the two. By uncovering the many facets of stress and how it affects us, you will learn how to better manage your stress and your arthritis.

Best Western Northgate Inn – 6450 Metral Drive, Nanaimo, BC

To Register Call Toll Free 1-866-414-7766 or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

## Courtenay

**Tuesday, October 25<sup>th</sup>, 2011      10:00 am – 12:00 Noon**

### **Arthritis & Stress**

Arthritis can be a debilitating disease. Add the stresses of everyday life and it may become overwhelming. In this 2 hour interactive workshop, you will learn about the relationship between the two. By uncovering the many facets of stress and how it affects us, you will learn how to better manage your stress and your arthritis.

Comox Valley Nursing Centre – 615 10<sup>th</sup> Street, Courtenay, BC

To Register Call Toll Free 1-866-414-7766 or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

**Tuesday, October 25<sup>th</sup>, 2011      2:00 pm – 4:00 pm**

### **Chronic Pain Management Workshop**

The main objective of this workshop is to improve your understanding of the principles of pain management and its treatments, introduce different methods to cope with chronic pain, and show how to take an active role in your own pain management.

Participants have the chance to learn new information and skills, that will complement conventional treatments and programs, discuss ideas and share experiences with others that have chronic pain such as arthritis. Everyone is welcome to attend.

Comox Valley Nursing Centre – 615 10<sup>th</sup> Street, Courtenay, BC

To Register Call Toll Free 1-866-414-7766 or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

## Campbell River

**Monday, October 24<sup>th</sup>, 2011      2:00 pm – 4:00 pm**

### **Chronic Pain Management Workshop**

The main objective of this workshop is to improve your understanding of the principles of pain management and its treatments, introduce different methods to cope with chronic pain, and show how to take an active role in your own pain management.

Participants have the chance to learn new information and skills, that will complement conventional treatments and programs, discuss ideas and share experiences with others that have chronic pain such as arthritis. Everyone is welcome to attend.

Sportsplex -1800 South Alder St., Campbell River, BC

To Register 250-286-1161 or Call Toll Free 1-866-414-7766 or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

**Monday, October 24<sup>th</sup>, 2011      6:00 pm – 8:00 pm**

### **Exercise Control over Arthritis.**

Almost two-thirds of Canadians struggling with arthritis believe that physical activity poses the risk of aggravating their symptoms.

Are you missing out on some of the most effective treatments for joint pain? Join this 2 hour workshop where you will learn the truth about this and walk away more confident in your understanding of how and why 'movement matters'.

Community Centre 1 - 401-11th Avenue, Campbell River, BC.

To Register 250-286-1161 or Call Toll Free 1-866-414-7766 or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

**Presenter & Program Facilitator:**

Cari Taylor – Manager of Education & Services for the Vancouver Island Region of The Arthritis Society

**All programs are Free to attend , but registration is required**