

# The Arthritis Society

Presents

## Programs: being offered in *the Greater Victoria Area*

### **ARTHRITIS SELF MANAGEMENT PROGRAM (ASMP)**

This 6 week internationally recognized health education program teaches life-changing self-management techniques! Through lectures, brainstorming, discussions and problem solving, the program provides people with the knowledge and skills to help them better manage their arthritis. Topics include pain, fatigue, stress, depression, safe exercises, nutrition, medications, alternatives, your health team, and community resources. Six 2 hour sessions (once a week). This program is taught by Arthritis Society certified instructors.

**Cost: \$25 which is for the comprehensive manual (yours to keep).** Additional family members may register for \$10.

**January 18th to February 22nd, 2012 Wednesdays 2:30 pm -4:30 pm - JAMES BAY**  
*James Bay Community Project (547 Michigan St., Victoria) 1-866-414-7766 or registration@bc.arthritis.ca*

**February 21st to March 27th, 2012 Tuesdays 10:00 am – Noon – NORTH SAANICH**  
*Panorama Recreation Centre (1885 Forest Park Dr, N. Saanich) Register: 250.656.7271*

**February 23rd to March 29th, 2012 Thursdays 6:00 pm – 8:00 pm - VICTORIA**  
*Victoria Arthritis Centre (2680 Richmond Road - Victoria) Register: 1-866-414-7766 or registration@bc.arthritis.ca*

**April 11th to May 16th, 2012 Wednesdays 1:00 pm – 3:00 pm – SALT SPRING ISLAND**  
*Salt Spring Island - Meadowbrook (121 Atkins Rd.) Register: 250.537.4607 (Salt Spring) or 250-519.4000 (Vic.)*

**April 14th to May 19th, 2012 Saturdays 10:00 am – Noon - VICTORIA**  
*Ross Place – (2638 Ross Lane, Victoria) Register: 1-866-414-7766 or registration@bc.arthritis.ca*

### **UNDERSTANDING ARTHRITIS**

**Free to attend, but registration is required**

Learn about the different types of arthritis to help you determine whether you have it or not. Get a clear picture of what is really happening in your body when we talk about Arthritis. This will aid you in understanding the importance of self management (pain management, medications, exercise and complementary therapies, etc.) and learn about the many tools and aids you can use to make life easier. We will also discuss the various programs and services available to you in the community. This program is great for anyone who has or thinks they have arthritis, plus all their family members.

*Presenter: Arthritis Society Education Speaker*

**January 24<sup>th</sup>, 2012 - Tuesday 6:00 – 8:00 pm** **Free to attend**  
**SHOAL Center (Sidney)** (10030 Resthaven Drive, Sidney) **Register: 250.656.7271**

**March 20th, 2012 – Tuesday 9:30 am – 11:30 am (Esq. Rec. Ctre. Admin Cost \$2.00)**  
**Esquimalt Recreation Centre** (527 Fraser St., Esquimalt) **Register: 250.412.8500**

**March 21 st, 2012 – Wednesday 1:30 m – 3:30 pm** **Free to attend**  
**Yakimovich Wellness Centre** (1454 Hillside Ave) **Register: 250.370.5641** or by email:  
**WellnessCentreRegistration@viha.ca**

## **EXERCISE CONTROL OVER ARTHRITIS**

**Thursday, February 16<sup>th</sup>, 2012      10:00 am – 12:00 Noon**

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'.

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

**Yakimovich Wellness Centre** (1454 Hillside Ave) **Register: 250.370.5641** or by email: [WellnessCentreRegistration@viha.ca](mailto:WellnessCentreRegistration@viha.ca)

## **MARPAC EXPO**

**February 8th, 2012, Wednesday, 10:30 – 3:30 pm**

**Come see us at our booth at the MARPAC EXPO**

@ CFB Esquimalt – Naden Athletic Centre

## **CHRONIC PAIN MANAGEMENT WORKSHOP**

**Free to attend, but registration is required.**

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. *Presenter: Arthritis Society Education Speaker*

**February 29th, 2012 – Wednesday 6:00 pm – 8:00 pm - BURNSIDE GORGE COM. CTRE - Victoria**  
(471 Cecelia Road – Off Jutland) **Register: 1-866-414-7766** or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

**April 3rd, 2012 – Tuesday 9:30 am – 11:30 am - ESQUIMALT REC. CTRE. - Victoria**  
(527 Fraser St., Esquimalt) **Register: 250.412.8500** (Rec. Ctre. Admin Cost \$2.00)

**March 28th, 2012 – Wednesday 1:00 pm – 3:00 pm - SALTSPRING ISLAND - Ganges**  
Meadowbrook (121 Atkins Road) **Register: 1-866-414-7766** or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

**April 18th, 2012 - Wednesday 1:00 – 3:00 pm - SHOAL CTRE. - Sidney**  
(10030 Resthaven Drive, Sidney) **Register: 250.656.7271**

**April 25th, 2012 – Wednesday 1:30 pm – 3:30 pm - YAKIMOVICH WELLNESS CENTRE - Victoria**  
(1454 Hillside Ave) **Register: 250.370.5641** or by email: [WellnessCentreRegistration@viha.ca](mailto:WellnessCentreRegistration@viha.ca)

## **ARTHRITIS & STRESS**

**Free to attend, but registration is required**

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.

*Presenter: Arthritis Society Education Speaker*

**March 22th, 2012 – Thursday 2:00 pm – 4:00pm - ROSS PLACE - Victoria**  
(2638 Ross Lane, Victoria) **Register: 1-866-414-7766** or [registration@bc.arthritis.ca](mailto:registration@bc.arthritis.ca)

**March 27th, 2012 – Tuesday 9:30 – 11:30 am - ESQUIMALT RECREATION CENTRE**  
(527 Fraser St., Esquimalt) **Register: 250.412.8500** (Rec. Ctre. Admin Cost \$2.00)

**June 18th, 2012 – Monday 2:00 pm – 4:00 pm - YAKIMOVICH WELLNESS CENTRE - Victoria**  
(1454 Hillside Ave) **Register: 250.370.5641** or by email: [WellnessCentreRegistration@viha.ca](mailto:WellnessCentreRegistration@viha.ca)