

Reduce your pain. Reclaim your life.

Living Well with Arthritis



We are back to community!

Arthritis Ireland is pleased to announce that it will be running the award winning **Living Well with Arthritis and Related Conditions** course in Tallaght this autumn. The course consists of a 2 ½ hour workshop given once a week, for six weeks and is for people with arthritis and/or fibromyalgia who want to learn self-management skills and techniques to live healthily with their condition. Completing this programme allows you to rely less on your health professionals, manage your pain, reduce your fatigue, introduces exercise and relaxation into your daily life, increases your self-confidence to manage your conditions and improves your sense of well-being.

Venue: Dominics Community Centre

60&60A Avonbeg Gardens, Tallaght, D-24

Starts: Tuesday 17th September

All sessions 3pm-5.30pm

Course is free

Book your place online from www.arthritsireland.ie or call 01 6470206