

# Arthritis Foundation Self-Help Program

Tuesday evenings  
June 16th through July 21st  
5:30 pm - 8:00 pm

*Arthritis Foundation, 2621 N. Knoxville, Peoria, IL*

\$20 per person  
Bring a support person  
along at no additional cost  
(i.e. friend, relative)

SCHOLARSHIPS AVAILABLE

For more information  
or to register contact:  
Heidi Koll-Pio  
(309) 682-6600



[www.arthritis.org](http://www.arthritis.org)

"The first step in managing arthritis is  
learning how you can control it."

— John H. Klippel, M.D., Rheumatologist and  
President and CEO, Arthritis Foundation



While every individual is  
unique, many people who  
complete the Arthritis  
Foundation Self-Help  
Program enjoy the  
following benefits:

- Decreased pain
- Decreased physician visits
- Increased practice of self-management behaviors
- Increased communication with physicians
- Increased exercise