

## 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 valuable information for those coping with Fibromyalgia.

We will be offering the course over three sessions in the Spring and Fall to help those diagnosed with Fibromyalgia to begin managing their condition. The course will be taught by volunteer instructors with various backgrounds who have Fibromyalgia. All proceeds are directed back to the Support Group and are used to educate the public, increase awareness and provide support for those with Fibromyalgia.

**Program Dates:**

Spring Course: May 14th, 17th, 24th, 2018  
6:30 p.m. to 8:30 p.m.  
Fall Course: November 9th, 13th, 16th, 2018  
1:30 p.m. to 3:30 p.m.

**Location:** 825 Sherbrook Street, 2<sup>nd</sup> floor, Room 202 or 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: (204) 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

<b>Application Form</b>	<b>DEADLINE FOR SUBMISSION:</b>	<b>Spring: April 27, 2018 Fall: October 19, 2018</b>
YES!! I would like to attend the "Taking Charge of Fibromyalgia" Course.		
Name _____	Phone _____	
Address _____	Postal Code _____	
<b>Cost:</b> Members: \$25.00 Non-members: \$35.00 Spouse/Partner: \$10.00		
<input type="checkbox"/> <b>Spring Course: May 14, 17, 24, 2018</b>		<input type="checkbox"/> <b>Fall Course: November 9, 13, 16, 2018</b>
<b>Total Enclosed: \$_____</b> <i>Please make cheque payable to: The Fibromyalgia Support Group of Winnipeg</i>		
<i>Please Return to:</i> Fibromyalgia Support Group of Winnipeg, Inc. Fibromyalgia Education Course 825 Sherbrook St. Winnipeg, MB R3A 1M5		
<i>fmswinnipeg.com</i>		