



South Central District Health

Keeping your family & community healthy
1020 Washington Street North * Twin Falls, ID 83301
208-737-5900 * www.phd5.idaho.gov

March 27, 2006

PRESS RELEASE – For Immediate Release

Contact: Elvia Caldera, Arthritis Program Coordinator, 737-5988

Arthritis Foundation Self-Help Program Offered

Take control of arthritis by attending the Arthritis Foundation Self-Help Program. The six-week, comprehensive course will be hosted by South Central District Health April 9-May 14, from 6 p.m. to 8 p.m. on Mondays. The District Health office is located at 1020 Washington Street North in Twin Falls.

The Arthritis Foundation's self-management course is taught by two Arthritis Foundation-trained instructors. The course is designed to give participants the knowledge, confidence, and skills needed to take a more active part in their arthritis care. Participants can meet with others who have arthritis, fibromyalgia, or a related condition and learn more about nutrition, medication, exercise, relaxation techniques, and overall arthritis care management tips.

Pre-registration is required. The cost for the course is \$30, which includes the "Arthritis Help Book", six weeks of instruction, and all other course materials. For more information, call Elvia Caldera at 737-5988. To register, call Audrie at the Arthritis Foundation Utah/Idaho Chapter at (800) 444-4993 or sign up online at www.arthritis.org.

###