

Challenging Pain Workshop

Are you living with long-term pain?

The Challenging Pain Workshop aims to provide you with easy skills and techniques to manage your pain more effectively.

Week One	Week Two
<ul style="list-style-type: none"> • What is pain? • Know your pain • Why challenge pain? • Conscious breathing • Why exercise? • Setting personal goals • Managing stress • Relaxation exercises 	<ul style="list-style-type: none"> • Feedback from goal setting • Diversion techniques and pacing • Managing negative thoughts • Can clear communication help? • Review of pain techniques • Information and sharing resources • Can other therapies help? • Medication

DATE: Thursday 12 May & Thursday 19th May 2011*
TIME: 1:00pm until 3:30pm
COST: FREE for Arthritis SA members. \$25 non members.
VENUE: Arthritis SA, 118 Richmond Rd, Marleston SA
PARKING: If disabled parking is required let us know before 12th May.
 *Dates subject to change depending on demand

For more information contact Arthritis SA on 1800 011 041

BOOKINGS ESSENTIAL

PLEASE NOTE THERE IS DISABLED ACCESS

.....www.arthritis.org.au.....

APPLICATION FORM FOR CHALLENGING PAIN WORKSHOP - Marleston

Name: (please print) _____

Address: _____

_____ Postcode _____

Telephone: (h) _____ (w) _____ (m) _____

Arthritis SA Membership Number: _____ Email: _____

Age: Under 25 years 26-40 years 41-60 years 60-75 Over 75 yrs

Cause of pain: _____

PAYMENT

I would like to become an Arthritis SA Member \$35 Standard membership \$22 Pensioner / Concession.

I have enclosed the appropriate fee for the course or to become an Arthritis SA member.

[Please make cheques payable to: Arthritis Foundation of SA]

Type of Credit Card: _____

Credit Card Number: _____

Expiry Date: _____ Amount _____

Name as appears on card: _____

Please send your completed application, along with payment if applicable, to **Arthritis SA, 118 Richmond Road Marleston SA 5033**

