

arthritisACTION.org.uk



Arthritis
ACTION

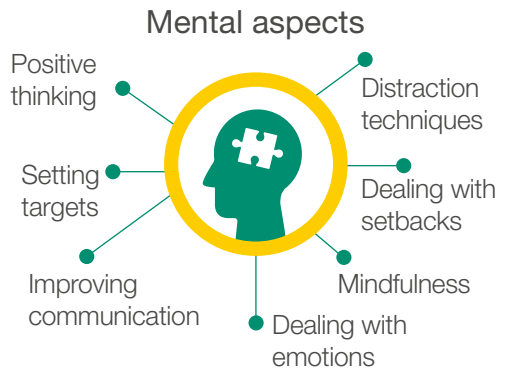
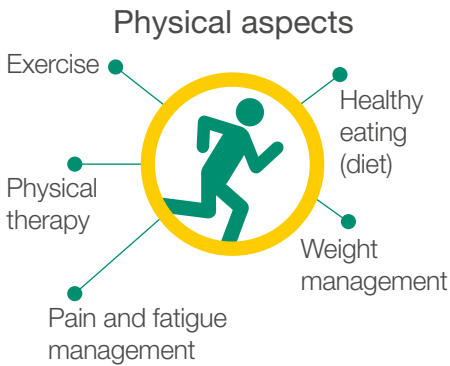


What is Self-Management?

Self-management of arthritis, put simply, is managing your condition yourself using a variety of approaches and techniques to address both the physical and mental impact of arthritis. Arthritis affects people differently, so each individual can choose the techniques that help them live a fuller, more active life whilst living with the condition.

Arthritis Action is the only UK charity that offers a holistic self-management approach tailored to each individual. The services and benefits we offer are simple practices which can be incorporated into your daily lifestyle to relieve chronic pain.

SELF MANAGEMENT



OUR SELF-MANAGEMENT APPROACH

Arthritis Action is continuing its longstanding tradition of helping people with arthritis to live a fuller life with less pain through self-management, in line with the best available evidence.

Our Members receive the following benefits:



Individualised nutritional and weight management consultations with our registered Dietitian



Twice yearly magazine and monthly e-newsletter



Arthritis Action Groups



Members' Area on Website



Two subsidised physical therapy sessions per membership year



Self-management educational events



Joining our growing community across the UK





GET IN TOUCH

To find out more about how self-management can improve your quality of life, or for more information about Arthritis Action, please call us on **0203 781 7120** or send an email to: **info@arthritisaction.org.uk**

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