

# Arthritis Foundation Support and Education Groups

## What is a Support and Education Group?

As with any chronic disease, arthritis may affect you in different ways, from what you can do to how you look and feel. Through Arthritis Foundation support groups, you can find understanding from others coping with arthritis. These groups are formed by people with arthritis and/or their family members who wish to meet with their peers for mutual assistance in satisfying common needs and in overcoming problems related to arthritis.

## Arthritis Support and Education Groups provide:

- A continuing source of support;
- An opportunity to verbalize feelings, concerns and problems related to arthritis;
- Social interaction that helps decrease your sense of isolation;
- Arthritis education activity presented by guest medical experts;
- An opportunity to share experiences and expertise gained from successfully coping with arthritis;
- Positive role models who encourage and reinforce desired changes in lifestyle and positive changes in attitude about yourself;
- Self-help reinforcement and encouragement of an individual's self-esteem, self-determination and self-sufficiency;

## How Do You Register?

To register for the **Arthritis Foundation Support and Education Group** in your area, please contact: Michael Ramsey

Arthritis Foundation North Central Chapter  
651-644-4108 ext 112 (or 800-333-1380)

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