



## Is Arthritis or Fibromyalgia Causing You Pain & Frustration?

Don't let arthritis and fibromyalgia manage you!  
Manage your health! Take control! Stay active!

### Join the Mail Delivered Arthritis Self Management Study

*Arthritis Yes I Can!* is a self-management program that can be mailed directly to you. You can study it in your home whenever it fits into your schedule. You can choose what you study, read the printed materials, or listen to CDs that contain the same information. All the materials are available in English and Spanish.

Your *Arthritis Yes I Can!* Kit will include:

- Information Sheets about managing pain, taking medicines wisely, developing an exercise program, healthy eating, problem solving, improving communication, and taking action.
- CDs with the material on the Information Sheets plus relaxation and exercise guides.
- The latest edition of either *The Arthritis Helpbook* (for English speakers) or *Como Convivir con su Artritis* (for Spanish speakers) by Dr. Kate Lorig and Dr. Jim Fries.

### You Can Participate if You

- Are 18 years of age or older and have arthritis, fibromyalgia, or pain in the joints.
- Have **not** participated in any other arthritis self-management program other than PACE.
- Are willing to study 8-12 hours over 4-6 weeks.
- Agree to participate in research about the Program's usefulness.

### The Research Study

We will send you questionnaires, which you can do at home in about 15 minutes and return to us in pre-addressed, stamped envelopes. Your answers will help us learn if the *Arthritis Yes I Can!* Program is effective. We will send the first questionnaires before you start the Program and send the last questionnaires 4 months and 12 months after you start the Program.

To Enroll Call Toll Free

1-877-668-0682 (English speakers)

1-800-725-9424 (Spanish speakers)

**African Americans & Spanish speakers strongly encouraged to participate!**