

The Arthritis Foundation's "**Breaking the Pain Chain**" program is a four part, interactive educational series designed to teach participants about the tools and techniques for breaking the cycle of pain caused by arthritis.

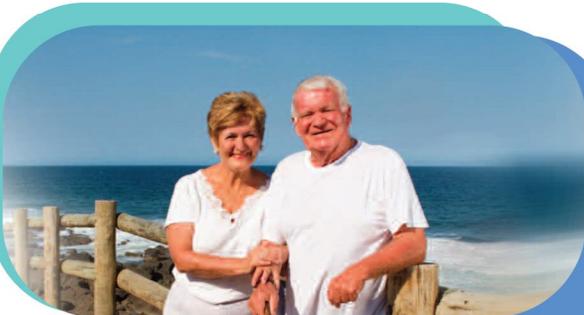
Participants will receive the education and resources to develop a pain management plan that best suits their goals and lifestyle. People with arthritis are encouraged to register and must attend all four sessions:

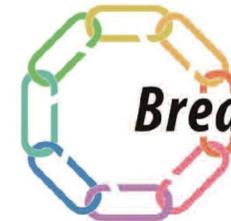
**Location: Orthopedic ONE**  
**170 Taylor Station Rd**  
**2<sup>nd</sup> Floor – Administration Suite**  
**Columbus, OH 43213**

**May 5, 12, 19 & 26, 2015**  
**1:00 – 3:00 pm**

**Facilitator: Holly Kern, MSPT**

**Registration Required**  
**PROGRAM IS FREE!**



 **Breaking the**  
**PAIN CHAIN**



A free 4-session pain management program.

Space limited. **Registration required**

**May 5, 12, 19 & 26, 2015**

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# Breaking the PAIN CHAIN

## Session One

The first session covers the basic facts about arthritis pain and how the disease process affects the body. Participants will also learn how an arthritis diagnosis is made. This information will provide the foundation for understanding the best strategies for managing arthritis pain.



## Session Two

This session provides participants with a decision-making model for evaluating medications, complementary therapies and alternative treatment options.

## Session Three

This session covers the guidelines for managing weight to reduce arthritis pain. Participants will learn how diet choices affect specific types of arthritis and how to navigate the diet challenges posed by certain arthritis medications. The second part of the class focuses on the benefits of exercise, exercise options and motivational tools for managing arthritis pain through exercise.

## Session Four

The final session will cover emotions and their effect on the body. It provides approaches to effectively manage negative emotions including stress control, relaxation techniques and good sleep hygiene. It concludes with information about how to build an effective healthcare team.

The series includes four, two hour sessions. Participants will walk away from the program with the Arthritis Foundation's Health Organizer and Drug Guide. By the end of the series, participants will have also completed a personal Pain Management Plan based on the education they have received in the Breaking the Pain Chain program.

This program is free, but registration is required. We ask that participants plan to attend all four sessions. Space is limited.



I'm registering for the following four  
"Breaking the Pain Chain" sessions  
at Orthopedic ONE.  
May 5, 12, 19 & 26, 2015  
1:00 – 3:00 pm

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

I am bringing a spouse/significant other/caregiver:

Name: \_\_\_\_\_

- Mail this completed form to:  
Arthritis Foundation  
3740 Ridge Mill Drive  
Hilliard, OH 43026
- Fax form to:  
614-876-8363
- Email form :  
cparsons@arthritis.org

Questions?  
Contact Chris Parsons at 614-503-5589 or email  
to cparsons@arthritis.org.

