

NEWS RELEASE
FOR IMMEDIATE RELEASE
April 25, 2008

Contact: Lisa V. Horn,
Communications Coordinator
Office: (785) 843-3060

Health Department to offer first arthritis self-help course

(Lawrence, KS) – Arthritis sufferers of all ages are encouraged to register for the Arthritis Foundation Self-Help program offered by the Lawrence-Douglas County Health Department. This is the first time the agency has taught the program.

The free course is especially beneficial for patients newly diagnosed with arthritis or whose pain may require more aggressive management. The class begins May 6 and ends June 10. Registration ends May 1.

“One of the hallmarks of this program is assisting participants in managing their disease with confidence based on knowledge,” said Shirley Grubbs, public health nurse at the Lawrence-Douglas County Health Department. “Participants gain even more confidence when they realize they do have some control over their situation.”

To register or for more information, call the Lawrence-Douglas County Health Department at (785) 843-0721 or Gayle Sigurdson with the Lawrence-Douglas County Housing Authority at (785) 832-1692. Interested attendees can also get more information and print out a registration form from the Health Department’s Web site at www.ldchealth.org.