

# *How can HDMG help you live with Osteoarthritis (OA)?*

Osteoarthritis has no cure. However, we can help you move better and ease your pain.

This two series workshop provides attendees with the tools and skills needed to manage arthritis and other related conditions. Learn about the types of arthritis, treatment options, pain management techniques, goal setting, and dietary and lifestyle changes that can help you live well with arthritis.

*Ask us how you can qualify to attend this free program*



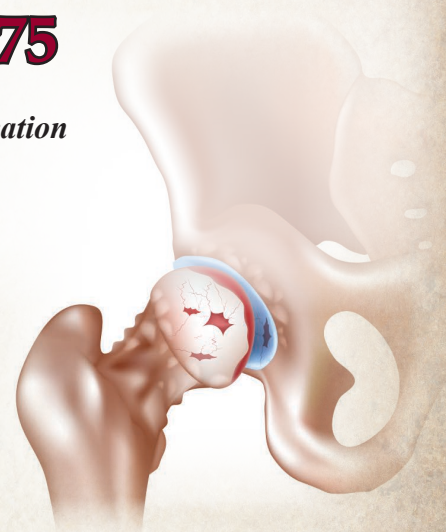
## **Participate in:**

- *Pharmacist Management*
- *Exercise For Arthritis*

Let us help you reduce your level of pain.

## **661.951.3375**

**HDMG - Health Education**  
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Lancaster, CA 93534



### **How Pharmacist Management works:**

When you sign up for this program, a pharmacist will contact you to review medications. This is to make sure that your medicines are not working against each other and are right for you. Your doctor and pharmacist are here to work with you and answer questions.

### **How Exercise for Arthritis works:**

HDMG follows the *Arthritis Foundation Program* or *AEP*. This class is for anyone with arthritis. The calm, joint-safe exercises help to ease pain and stiffness. Attending for four months or more has shown to help decrease pain by up to 24%.

### **In some cases, the following might also be included as part of your OA Program:**

- Physical Therapy
- Acupuncture
- Joint Injections
- Preparations for Joint Replacement Surgery

*\* A referral from your primary care physician may be required.  
Ask your doctor.*