



December 18, 2007

FOR IMMEDIATE RELEASE

**Southeastern District Health Department
Announces Arthritis Foundation Self-Help Class in Bannock County**

Arthritis Foundation Self-Help Class

Pocatello – Southeastern District Health Department (SDHD) and the Arthritis Foundation announces a 6 week Arthritis Foundation Self-Help class to be held in Pocatello on January 8 through February 12, 2008 for people who have arthritis. The classes will be held on Tuesdays at 4:30 p.m. -6:30 p.m. at the Southeastern District Health Department located at 1901 Alvin Ricken Drive. The cost for the six week session is \$30.00.

This group education program helps people who have arthritis learn the skills they need to build their own self-management program that helps them become an active member of their healthcare team, work better with their healthcare providers, and handle their day-to-day challenges of their disease. The Arthritis Foundation Self-Help Program is designed to complement the care provided by a healthcare team and allows people who have arthritis to share their experiences with other people who are also dealing with arthritis.

For more information and to register for this program, please contact Tracy McCulloch at 239-5250.

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For more information regarding this press release, please contact Mary Howell, Southeastern District Health Department, at 239-5288.