

# Put Pain in Its Place

How to Get Your Osteoarthritis  
Pain Under Control



## March 24

**Atria Lincoln Place**

612 George Washington Highway  
Lincoln, RI 02865

The program runs from  
**11:00AM-12:00PM. RSVP by  
March 23 at (401)334-1686.**



*Put Pain in Its Place* gives you the tools to help manage your OA pain and live better.

Through **this class**, you will:

- Understand OA, from causes to prevention and treatments
- Learn self-management strategies to prevent and relieve pain
- Get inspired to take action and get your pain under control
- Find out about effective and safe exercises from the Arthritis Foundation Exercise Program

