

## WHEATON LOCATION

### Introducing ARA's Fibromyalgia Education Classes

Have you been diagnosed with fibromyalgia?

Learn more about the pathology of fibromyalgia. This course incorporates education, relaxation strategies, and instruction on gentle exercise performance. You should leave this class with a better understanding of appropriate management techniques and coping strategies for successfully living with fibromyalgia.

**1 hour classes will be held 3 consecutive Thursdays**

**June 6, 2013**

**June 13, 2013**

**June 20, 2013**

**6:00pm**

**\*\*please arrive by 5:30pm for the first class\*\***

***Instructor: Karrie McDonough, PT, DPT***

**Arthritis and Rehabilitation Therapy Services**

2730 University Boulevard West  
Suite 714  
Wheaton MD, 20902

Advance registration required

**Please sign up as early as possible, as number of participants is limited.  
To reserve your spot, sign up at the PT front desk or call  
(301) 942-2520**

**COST: \$75 for series of 3 classes\***

*\*to be paid in advance, non-refundable*

Visit the Wellness Program at [www.washingtonarthritis.com](http://www.washingtonarthritis.com)

**\*\*You do not have to be a patient at ARA to attend this course\*\***