

Fibromyalgia Community Resources

Your doctor or health care provider has told you that you have Fibromyalgia.

Where can you go for more information and support?

Alberta Health Services has some wonderful programs to help support you to:

- Learn about Fibromyalgia.
- Manage your life with fibromyalgia
- Find out about the benefits of physical activity and exercise.

The three programs below will help you with each of these three areas.

1) Fibromyalgia Education

This group session will give you information about fibromyalgia. The information will be provided by a team of health care providers including a rheumatologist. This is a doctor with specialized knowledge and experience in this area. Classes are offered at various locations across the Edmonton Zone. **You can register directly by calling 780-401-BOOK.**

2) Chronic Pain Self-Management

Better Choice, Better Health Chronic Pain Self Management Program is a six week workshop series that provides information and tools to help you manage your chronic pain condition. The workshops are held at various locations across the Edmonton Zone. **You can register directly by calling 780-401-BOOK.**

3) Supervised Transitional Exercise Program (STEP)

STEP Forward is an 8 week exercise program that is designed to meet individual needs. It will focus on improving strength, balance, coordination and function. **You can register directly by calling 780-735-3483.**

- All of these sessions are free. You can call directly to choose the dates and locations that work best for you.
- You can also bring a family member or other support person with you. Just mention that when you call to register.

Talk to your family doctor or health care provider if you have any questions or concerns.