

**Delaware General Health District**  
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# NEWS RELEASE

## **ARTHRITIS SELF-HELP WORKSHOPS PLANNED AT OLDER ADULTS CENTER**

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### **FOR IMMEDIATE RELEASE**

For further information contact Jesse Carter, public information officer, at 740-203-2085.

**DELAWARE, Oh., May 6, 2010** – Arthritis Self-Help Workshops are planned for May 20 and 27 and June 3 at the Center for Older Adults of Delaware County.

The workshop is sponsored by the Arthritis Foundation of Central Ohio with grant support from the Delaware County Council for Older Adults. The instructor is Sandy Miller R.N. of the Delaware General Health District staff. The workshops will focus on stress, medication, nutrition, exercise, and ways to decrease or manage pain.

The sessions will run from 4 to 6 p.m. at the Center, located at 800 Cheshire Road off U.S. 23S near Delaware. Participants will receive free workbooks provided by the Arthritis Foundation. To reserve a workbook or get more information, phone Miller at 740-203-2031.