



## REGIONAL OFFICES

To find out more about our programs and services or to volunteer, please call the office nearest you.

### FRASER

110-5769 201A St.  
Langley, BC V3A 8H9  
Phone: 604.514.9902  
Fax: 604.514.0434

### VANCOUVER ISLAND

2680 Richmond Road  
Victoria, BC V8R 4S9  
Phone: 250.519.4000  
Fax: 250.598.1901

### VANCOUVER COASTAL/NORTHERN

895 West 10th Avenue  
Vancouver, BC V5Z 1L7  
Phone: 604.875.5002  
Fax: 604.875.5048

### INTERIOR/OKANAGAN

150A-1855 Kirschner Rd.  
Kelowna, BC V1Y 4N7  
Phone: 250.868.8643  
Fax: 250.868.0779

### BC & YUKON OFFICE

200-1645 West 7th Avenue  
Vancouver, BC V6J 1S4  
Phone: 604.714.5550  
Fax: 604.714.5555  
Toll free 1.866.414.7766

### Call us...

Arthritis Answers Line  
604.875.5051  
Toll free 1.800.321.1433

### Email us...

info@bc.arthritis.ca

### Visit our website...

www.arthritis.ca/bc



# GIVE . . .

## A GIFT AND MAKE A DIFFERENCE

The Arthritis Society is leading the way. We invite you to join us on the journey.

As someone who cares about the health and wellness of our communities, we invite you to help us support the thousands of children, teenagers, adults and seniors living with arthritis.

Making a **GIFT** to The Arthritis Society will mean a better quality of life for people **LIVING** with arthritis and bring us closer to a **CURE**.

We are a donor-funded organization and reliant on the community for continued support.

Your donation will make a critical difference to all we do.

For more information about making a donation or leaving a gift to The Arthritis Society in your will, please contact:

Gabriela von Pfetten  
#200 - 1645 West 7th Avenue  
Vancouver, BC V6J 1S4

Phone: 604.714.5565, toll free 1.866.414.7766 or by e-mail at [gvonpfetten@bc.arthritis.ca](mailto:gvonpfetten@bc.arthritis.ca)

### THANK YOU

On behalf of the people and families we serve, thank you for taking a hand in creating a world without arthritis!

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TODAY, MORE THAN  
EVER, WE ARE CLOSER  
TO A CURE.

### OUR MISSION

The mission of The Arthritis Society is to search for the underlying causes and subsequent cures for arthritis, and to promote the best possible care and treatment for people with arthritis.

### OUR VISION

The vision of The Arthritis Society is to support research into new treatments and therapies and possible cures for arthritis and to enable and support people affected by arthritis to improve their quality of life.

### WHAT WE DO

As a donor-funded organization, we raise more than \$5 million annually to support arthritis-related research, programs and services for over 600,000 people in British Columbia and the Yukon who live with arthritis.

The Arthritis Society is the leading not-for-profit organization in Canada uniquely devoted to promoting and funding arthritis research based solutions, education, as well as community support for Canadians living with arthritis. Founded in 1948, The Arthritis Society continues to have an outstanding reputation in the community.

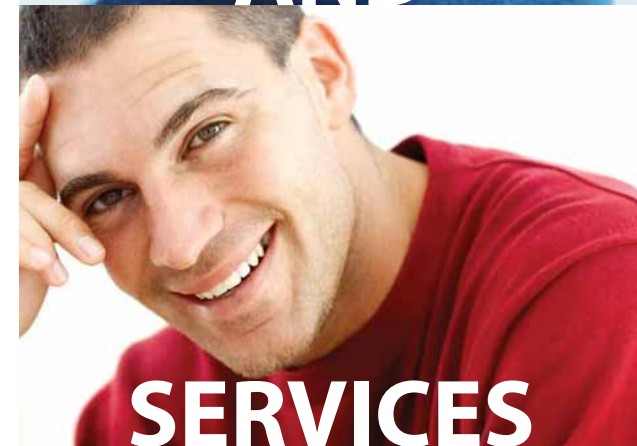
Amidst our world of information overload, The Arthritis Society remains the most valued and trusted resource on arthritis for patients, their families and health professionals.



# PROGRAMS



# AND



# SERVICES



The Arthritis  
Society

# EDUCATION & SUPPORT

TODAY, MORE THAN EVER,  
PEOPLE ARE LIVING BETTER  
WITH ARTHRITIS.

QUALITY &  
COMPASSIONATE  
CARE

The Arthritis Society provides educational programs and services that empower people with arthritis to take control of their pain and learn how to live better with their disease. More than 20,000 British Columbians accessed The Arthritis Society's programs and services last year. Program highlights include:

#### **ARTHRITIS SELF-MANAGEMENT PROGRAM (ASMP)**

Trained volunteers facilitate this internationally acclaimed program teaching life changing self-management skills.

#### **CHRONIC PAIN MANAGEMENT PROGRAM**

This two-hour program based on the Arthritis Self-Management Program introduces participants to self-management skills and the principles of pain management.

#### **TAKE CHARGE! EARLY INTERVENTION FOR OSTEOARTHRITIS**

Led by arthritis health care professionals, this program highlights the importance of early intervention in the management of osteoarthritis and teaches participants how to identify their risk factors and create a comprehensive health and lifestyle management plan.

#### **EDUCATIONAL FORUMS**

Delivered by experts in arthritis care and treatment, these forums educate people on specific topics around the complexities of arthritis, link people with arthritis professionals, and raise public awareness.

#### **CHILDREN'S EDUCATION RETREAT**

Delivered in partnership with the Mary Pack Arthritis Program's Pediatric Team, and the Pediatric Rheumatology Program at BC Children's Hospital, this 3 ½ day program has been offering information, support and friendship for more than 25 years.

#### **GOLFING WITH ARTHRITIS AND GARDENING WITH ARTHRITIS**

Physiotherapists educate participants on how to enjoy these popular activities without putting additional stress on their joints.

#### **JOINTS WORKS™ AND WATER WORKS™**

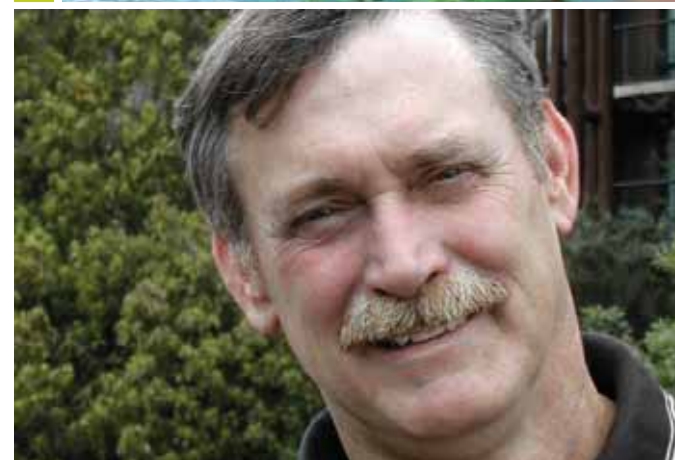
Led by trained fitness professionals, these are unique land and aquatic recreational exercise programs for people with arthritis.

#### **SPEAKERS BUREAU**

Trained volunteers are available to provide arthritis information presentations to groups and organizations of any size.

#### **POINTS ON JOINTS (FOR HEALTH PROFESSIONALS)**

Led by a team of highly trained arthritis experts, this interactive program is designed to improve the knowledge and practice of primary care physicians related to arthritis diagnosis and management.



The Arthritis Society makes sure people with arthritis receive the best possible care, treatment and resources they need to better manage their disease. Staff in our four regional offices (Vancouver, Langley, Victoria and Kelowna) work with more than 600 volunteers to provide information as well as effective emotional and practical support. Some of our services include:

#### **ARTHRITIS ANSWERS LINE**

Trained volunteers respond to over 4,500 calls and e-mails each year. If you have a question about arthritis, call 604.875.5051, or toll free 1.800.321.1433. You can also e-mail us at [info@bc.arthritis.ca](mailto:info@bc.arthritis.ca).

#### **REGIONAL LEARNING CENTRES**

Staff and volunteers provide local information and resources for patients, their families and health care professionals.

#### **THE ARTHRITIS REGISTRY**

This free service for subscribers provides customized healthcare information. Visit our website to complete the form or call us and we will mail you a copy.

#### **COMMUNITY GROUPS**

A network of community-based volunteers who support people with arthritis in their community through education, advocacy, fundraising and social support. Contact your local regional office for more information.

#### **THE ARTHRITIS SOCIETY WEBSITE**

Visit [www.arthritis.ca/bc](http://www.arthritis.ca/bc) for information on the different types of arthritis, management tips, healthy living and upcoming programs in your community.

#### **THE ARTHRITIS RESOURCE GUIDE FOR BC**

Visit [www.argbc.ca](http://www.argbc.ca) to search for arthritis resources in virtually any community across the province. There is also a special section for health providers giving them access to arthritis resources at the click of a button.

**ARTHRITIS**  **FIGHT IT!**