



**ARTHRITIS, OSTEOPOROSIS & FIBROMYALGIA  
SELF-HELP COURSE**

**Trainer:  
Marcia Rippe, RNC**

**Wednesdays  
January 27, 2010 thru March 3, 2010  
2:00 pm – 4:00 pm**

**Oregon Care Center  
501 Monroe  
Oregon, MO 64475**

**To register for the class please call  
Arthritis Community Services  
816-271-7057**

