

## Rheumatology Therapy Department

# Fibromyalgia Education Group

### Education Group

You have been referred by your consultant to attend the Fibromyalgia Education Group which is run by the Therapy team (Physiotherapists, Occupational Therapists and a Technical Instructor).

This is a one off education session and runs on a set Friday starting from 10.00am to 12.30pm (includes a break).

This is an education group that covers self-management strategies led by the therapy team and is designed to give you more information about Fibromyalgia and the tools to help manage your condition better.

There will be handouts and leaflets available for you to take home.

We look forward to seeing you in the Education Group.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

[www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)

#### Document History

Department:	Therapy
Contact:	02476966016
Updated:	December 2019
Review:	December 2021
Version:	6
Reference:	HIC/LFT/1236/11

