



BARNSLEY & DISTRICT FIBROMYALGIA SUPPORT GROUP

WELCOME MEMBERSHIP PACK CONTENTS

1. Welcome letter
2. Contact information
3. Fibromyalgia syndrome
4. Frequently asked questions
5. Understanding fibromyalgia (An open letter to any one who has a fibromyalgia sufferer in his or hers life)
6. Fibromyalgia and exercise
7. Working with your doctor
8. Keeping a pain diary
9. Weekly pain diary
10. Daily pain log
11. Slow breathing may soothe pain
12. Fibromyalgia Association UK informational booklet for people affected by fibromyalgia

Working with Fibromyalgia Association UK

Registered Charity number 1042582

