

Rebalance^{MD}

General Arthritis Resources:

Arthritis Society Canada:

<https://arthritis.ca/>

Flourish page:

<https://arthritis.ca/living-well?pillar=/Living-Well/About-flourish>

Pain BC:

<https://www.painbc.ca/> (Click “find out more” and check out “Coaching for Health” and “Live Plan Be”)

American Arthritis Foundation:

arthritis.org

CDC arthritis toolkit info:

https://www.cdc.gov/arthritis/marketing-support/1-2-3-approach/docs/pdf/PROVIDER_Fact_Sheet_ArthritisToolkit.pdf

Arthritis Australia, living with arthritis:

<https://arthritisaustralia.com.au/managing-arthritis/living-with-arthritis/>

Australian online pain management course (free):

Paintrainer.org

Book: “The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest” by Dan Buettner

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