**Further Fibromyaligia**

**Info**

**Fibro FAQ, Symptoms, Mind & Body connection/Science, Diet, Exercises, Support & Resources.**

[**www.living-smarter-with-fibromyalgia.com**](http://www.living-smarter-with-fibromyalgia.com)

**5 Best Workouts for Chronic Pain.**

[**www.prevention.com/fitness/fitness-tips/a20436165/best-workouts-for-chronic-pain-and-fibromyalgia**](http://www.prevention.com/fitness/fitness-tips/a20436165/best-workouts-for-chronic-pain-and-fibromyalgia/)

**Fibromyalgia Association UK:** [**www.fmauk.org**](http://www.fmauk.org)

**Support Group Information:** [**www.fmauk.org/groups**](http://www.fmauk.org/groups)

**Fibromyalgia Self Help:** [**www.nhs.uk/conditions/fibromyalgia/self-help**](http://www.nhs.uk/conditions/fibromyalgia/self-help)

**Fibromyalgia - Everything you need to know about living well with Fibromyalgia** [**www.nrshealthcare.co.uk/articles/condition/fibromyalgia**](http://www.nrshealthcare.co.uk/articles/condition/fibromyalgia)

**Support Groups in West Midlands**

[**https://ukfibromyalgia.com/pages/support/map/westmidlands.php**](https://ukfibromyalgia.com/pages/support/map/westmidlands.php)