

a	Group education on the health care program, diaries and expectations.
b	Group education on osteoarthritis, pain and medication.
a	General exercise program.
c	Group education about physical activity.
d	Group education on activity pacing.
b	Recreational activity.
c	Group based monitoring of personal goals.
e	Group education on food consumption.
d	Specific exercise program, based upon the PSK-scores.
f	Group education on acceptance and helplessness.
e	Evaluation and setting goals for the future.
f	Monitoring of personal goals via telephone by specialized nurse.