



## ARTHRITIS REHABILITATION & EDUCATION PROGRAM



# FREE WORKSHOP

# STAY ACTIVE - LIVING WELL WITH HIP AND KNEE OSTEOARTHRITIS

Find out the most current, evidence-based strategies to help you live better with osteoarthritis. By attending this FREE three hour session, led by an Arthritis Society Occupational Therapist or Physiotherapist you will learn about:

- ▼ Osteoarthritis of the hip and knee
- ▼ How therapeutic exercise, physical activity and weight management can decrease pain
- ▼ Strategies to manage your arthritis
- ▼ Community resources

You will also be interacting with others who share your condition and understand your experiences.

Location: St. Joseph's Heath Care Centre  
100 Westmount Road, Auditorium  
Guelph ON N1H 5H8

Dates: Tuesday, September 10 2019

Time: 1pm to 4pm

Free of charge. Pre-registration is required.

For more information or to register, please contact: 1.800.321.1433, ext 1101

**Pre-registration is required. Contact us today to register for this free session.**

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