



**ARTHRITIS
REHABILITATION &
EDUCATION
PROGRAM**



FREE WORKSHOP

OSTEOARTHRITIS OF THE HAND

If you have osteoarthritis of the hand, we can help you get a grasp.

When you suffer from osteoarthritis, everyday actions that most people take for granted can be daunting. This FREE interactive workshop, led by an Arthritis Society Occupational Therapist or Physiotherapist will help you get a handle on things.

Attending this workshop will help you:

- ▼ Learn strategies to reduce symptoms and protect joints
- ▼ Practice simple daily exercises to manage pain and increase joint function
- ▼ Try various devices designed to ease stress on your hands
- ▼ Interact with others who share your condition and understand your experiences

Date: Thursday, February 6, 2020

Time: 9:30am to 12:30pm

Location: Dawson Road Medical Centre
83 Dawson Road
Guelph ON N1H 1B1

Free of charge. Pre-registration is required.

For more information or to register, please call: 1.800.321.1433 or 519.743.4141 ext 1101.

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

Supported by:



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