



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
Guelph ON N1H 5H8

Dates: Tuesday, February 18, 2020

Time: 9:30am to 12:30pm

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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