

ARTHRITIS REHABILITATION & EDUCATION PROGRAM

Is your arthritis giving you trouble?

Let us help you during this challenging time.

All our services are available at NO COST to you if you have an Ontario Health Card and a confirmed diagnosis of arthritis.

A specially trained **Physiotherapist, Occupational Therapist** and/or **Social Worker** will provide you with the guidance, reassurance and education you need to better manage your arthritis.

This will take the form of an **individualized consultation** – done virtually. **Virtual care** will be delivered by whatever method works best for you: **telephone, email** and/or **personal video***.

Group education programs* are also available **virtually** for registered patients. Our most popular group programs include:

- ❖ Stay Active: Living Well with Hip and Knee Osteoarthritis
- ❖ Osteoarthritis of the Hand

Call **1.800.321.1433** ext. **3307**
to make an appointment.

arthritis.ca

* requires computer/laptop/tablet, internet/Wi-Fi access and email address

www.arthritis.ca/arep

