



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.

Date	Time	Location	
Tuesday, May 26 2020	9:30am-12:30pm	Virtually	
Tuesday, May 26 2020	1:00pm-4:00pm	Virtually	
Friday, May 29 2020	9:30am-12:30pm	Virtually	
Monday, June 1 2020	9:30am-12:30pm	Virtually	

For more information or to register please contact: **416-979-7228 ext. 3381** or **1-800-321-1433 ext. 3381**

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

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