



**ARTHRITIS
REHABILITATION &
EDUCATION
PROGRAM**



FREE WORKSHOP

TAKING CHARGE OF YOUR INFLAMMATORY ARTHRITIS

Learn more about how to manage your Rheumatoid Arthritis or Psoriatic Arthritis. By attending this FREE series of three (3) interactive workshops, led by Arthritis Society clinicians, you will learn about:

- ▼ Inflammatory arthritis and how it affects you
- ▼ Strategies to manage your arthritis
- ▼ How to deal with the social and emotional impact of arthritis
- ▼ The importance of physical activity, joint protection and eating well
- ▼ Community resources

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

| Date | Time | |
|-------------------------------------|---------------------|-----------|
| Thursdays, May 14, 21, 28 2020 | 2:00 pm - 4:00 pm | Virtually |
| Tuesdays, May 26, June 2, 9, 2020 | 10:00 am – 12:00 pm | Virtually |
| Thursdays, May 28, June 4, 11, 2020 | 9:30 am - 11:30 am | 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.

Supported by:



™ and ® are trademarks of the Arthritis Society.