

MANAGE Your Hip and Knee Osteoarthritis Pain



Free Workshop

STAY ACTIVE

Find out strategies for living well with osteoarthritis. This three-hour session will be led by an occupational therapist and/or a physiotherapist. You will be interacting with others who share your condition and can truly understand what you're going through.

Learn more about:

- osteoarthritis of the hip and knee
- relieving pain and stiffness
- activity and weight management
- community resources

Arthritis Rehabilitation and Education Program **AREP**

Date: **Wednesday, Aug 30, 2017**

Time: **1:00 p.m. to 4:00 p.m.**

Cost: **Free of charge**

Location: **Abilities Centre (In the Music Room)
55 Gordon Street
Whitby, Ontario L1N 0J2**

For more information or to register, contact: **1.800.321.1433 ext 3381 or 416.979.7228 ext 3381**

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

SUPPORTED BY:



WE HAVE ARTHRITIS IT DOESN'T HAVE US

arthritis.ca 1.800.321.1433 [f /ArthritisSocietyON](https://www.facebook.com/ArthritisSocietyON) [@ArthritisSocON](https://twitter.com/ArthritisSocON)

