

# 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: **Tuesday, September 26, 2017**

Time: **9:30 p.m. to 12:30 p.m.**

Cost: **Free of charge**

Location: **Hanover Family Health Team  
90 7<sup>th</sup> Avenue, 2<sup>nd</sup> Floor  
Hanover, ON N4N 1N1**

For more information or to register, contact:  
**1.800.321.1433 ext 1221**

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

SUPPORTED BY:



**WE HAVE ARTHRITIS IT DOESN'T HAVE US**

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