

How do I access the services at the Hanover Family Health Team?

Educational group programs or seminars offered by the HFHT are open to all members of the public.

Please call in advance to register.

To utilize an individual service you must have a family physician in Hanover. You can request through your physician to see one of our health care professionals or you can simply self-refer by personally calling to schedule an appointment.

All HFHT programs and services are free.

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www.facebook.com/hanoverfht

Visit Our Website

www.hanoverfht.ca



Hanover

Family Health Team

Living with Arthritis



90 7th Avenue
Hanover and District Hospital
2nd Floor
Hanover, ON N4N 1N1
Tel: 519-506-HFHT (4348)
Toll Free Tel: 1-855-677-4348
Fax: 519-506-4351

**Monday to Friday
8:30AM-4:30PM**

To register for the Living with Arthritis classes, please contact the Hanover Family Health Team at 519-506-4348



Improving Your Life While Living with Arthritis is a 6-week series.

Sessions are held each week for 2 hours.

There is no cost to participate in the program.

Our Goal...

To help you achieve the greatest possible physical capability and pleasure from life through self-management.

This series will include:

- Overview of Arthritis
- How to become a self-manager
- Understanding and managing Arthritis symptoms
- Pain and exercising
- Healthy eating for Arthritis
- Managing your Arthritis medications

- Lifestyle and relationships
- Finding resources

Who can attend the Arthritis Program?

- Anyone struggling with the challenges of living with Arthritis and seeking support about how to effectively self-manage your chronic disease