

Stay Active - Manage Osteoarthritis Pain



Free Interactive Workshop

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

Date: Thursday, September 28, 2017

Time: 9:00 a.m. - Noon

Place: Napanee Area Community Health Centre, 26 Dundas Street West
Napanee, Ontario

Cost: Free of charge

Learn more about:

- **Osteoarthritis**
- **Relieving pain and stiffness**
- **Activity and weight management**
- **Community resources**

To register for the above workshops or for more information

Call: **1.800.321.1433 ext. 1601** or **613.546.2546**