

# Help with your Health

• Free 1.5 hour interactive workshop to help you better manage your health •



## Understanding Joint and Back Pain

- How prevalent is chronic joint pain in Canada?
- What are the different kinds of arthritis?
- How to manage arthritis
- Video explaining back pain
- Interesting facts about back pain
- When to seek professional help
- Treatments that work and treatments that don't work

**DATE**

**TIME**

**LOCATION**

**Pre-registration is *required*, for more information:  
Call 1-866-971-5545 or visit [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)**