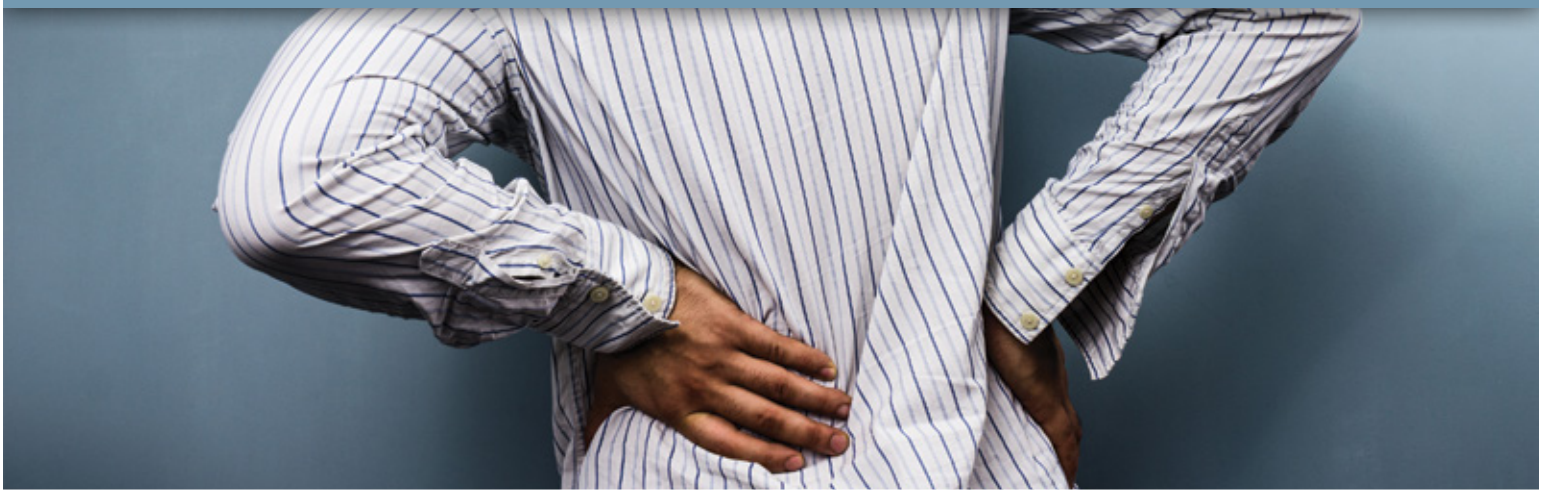
Help with your Health

• 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 **Tuesday, November 17, 2026**

TIME **2:30 p.m. to 3:30 p.m.**

LOCATION **Online through Zoom**
Zoom link sent prior to workshop start date
Video camera and Microphone required

Pre-registration is *required*, for more information:
Call 1-866-971-5545 or visit www.ceselfmanagement.ca

Self-Management Program
Central East