

Osteoarthritis Information Sessions



Photo: courtesy of tuftsmedicalcentre.org

- ⇒ Newly diagnosed?
- ⇒ Having troubles managing it?
- ⇒ Want to learn how to minimize your chances of getting it?

Come learn from our Physiotherapist how to continue enjoying life despite having Osteoarthritis.

When: 4th Monday of every other month

What Time: 10:00 to 11:30 am

Where?: Northumberland FHT (Lower Level of the Northumberland Mall)

TO REGISTER

Call 289-252-2139

Email info@nfht.ca