

Dealing with arthritis or chronic pain?



Register with  **AWISH** to attend our *Living Well With Arthritis** workshop!



FREE for AWISH Members

or \$20 total for non-members ... join now for only \$25/year!



April 1, 8, 15, 22, 29 - Tuesdays
6:30pm - 8:30pm



Sarto-Desnoyers Community Centre

1335 Chem. du Bord-du-Lac-Lakeshore, Dorval, QC H9S 2E5

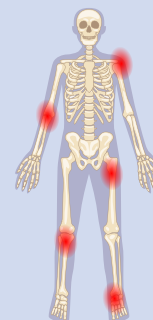
Led by Health & Wellness Coach: Ariana Parolini

**English presentation with French explanations as requested by participants*

A comprehensive course for arthritics or related condition (i.e. chronic pain): learn to manage your pain by understanding it & develop strategies to live a better life. Interactive & informal information sessions where participants are encouraged to share their day-to-day experience, coping skills & ideas.



1. The nitty-gritty of arthritis.
2. Nutrition – Creating the right habits.
3. Exploring your options:
Relaxation, massage, posturology, therapies, etc.
4. Movement matters!
5. Staying engaged – Critical to your overall well-being.



REGISTRATION REQUIRED - CONTACT AWISH

www.awishmontreal.org/services

514-631-3288 | arthritis@awishmontreal.org

online
registration
form