



Winter 2012 EVENTS



Workshops and Community Presentations

Chronic Pain Management Workshop

Antigonish, Nova Scotia
Antigonish Public Library
Jan. 21, 1:00-3:30pm

Joint Health in the Workplace

Dartmouth, Nova Scotia
Alderney Gate Public Library
March 7, 12:00pm

Understanding Arthritis

Halifax, Nova Scotia
Halifax North Public Library
March 21, 10:30am

Living Well With Arthritis

Dartmouth, Nova Scotia
Alderney Gate Public Library
March 28, 12:00pm

Chronic Pain Management Workshop

Halifax, Nova Scotia
Spring Garden Public Library
April 4, 12:00-2:00pm

Professional Speakers

Advancements in Knee & Hip Surgery

Dr. Glen Richardson
RBC Theatre, Halifax Infirmary
Jan. 23, 6:00pm

Top 10 Secrets to Healthy Eating

Halifax, Nova Scotia
Windsor St. Sobeys
Feb. 10, 1:30pm

Living with psoriatic arthritis

Dr. Trudy Taylor
RBC Theatre, Halifax Infirmary
Feb. 20, 6:00 pm

Fibromyalgia—Learning to Recover and Thrive Part 1

Barbara Adams, PT
210-3770 Kempt Rd., Halifax, NS
April 11, 6:00pm

Fibromyalgia—Learning to Recover and Thrive Part 2

Barbara Adams, PT
210-3770 Kempt Rd., Halifax, NS
April 18, 6:00pm

PLUS MANY MORE EXCITING EVENTS TO COME!!

For more information about these programs or to register, please call:
1-800-321-1433 or email info@ns.arthritis.ca

ARTHRITIS  **FIGHT IT**