



Arthritis: Self-Management of Osteoarthritis

Osteoarthritis is the most common type of arthritis. It affects your joints and can lead to pain, stiffness, and affect the way you do things. Join a Physiotherapist to learn about the condition and what you can do to manage your symptoms and help you feel better. This class will talk about:

- The causes of osteoarthritis, risk factors, and symptoms.
- How joints work and change with osteoarthritis.
- How to protect your joints, manage pain and be active.
- Tools and devices that can make daily life easier.
- How overall wellness can help with your symptoms.
- The treatment options available.

Class Type	Date	Time	How to Register
Online	Thursday, June 13 & 20	1:00 p.m. – 2:15 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, August 15 & 22	10:15 a.m. – 11:30 a.m.	

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

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