  

**TAKE CHARGE:   
LEARN TO MANAGE OSTEOARTHRITIS**

**Tuesday October 8th, October 15th & October 22nd**

**Time: 10:00am – 12:00pm**

Presented by: ***Susan McAuslan, Physiotherapist***

From “The Arthritis Society”

**Guest Speakers**: ***Robin Brown, Pharmacist***

***& Paula Seifried, Dietitian***

***Offered Via the Ontario Telemedicine Network at***

***EWFHT – 6 Thompson Cres, Unit1***

You must pre-register. To do so, go to www.ewfht.ca and click on “Workshops” or call 519-833-7576 ext. 362

***Cost is FREE but space is limited- please register early***