

# Managing Hip and Knee Osteoarthritis

SEMINAR SERIES 2021

## DATES:

- Wednesday, September 15th and 22nd
- Wednesday, October 13th and 20th
- Wednesday, November 10th and 17th

**TIMES: 12:00 – 12:45 PM EST**

**There is no fee to register! Registration will remain open until the day before each seminar.**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

## LEARNING OBJECTIVES:

- Reinforce the importance of early diagnosis of OA
- Provide information on the non-surgical treatment options currently available in Canada
- Empower individuals to develop skills to help manage their symptoms through education, exercise and healthy weight management

Please contact Rhona McGlasson at 647-537-8664 or Lina Gazizova at 416-902-6524 if you are experiencing any difficulties connecting or email us at [LearnaboutOA@gmail.com](mailto:LearnaboutOA@gmail.com)

