

# Managing Hip and Knee Osteoarthritis



SEMINAR SERIES 2022

## REGISTER for Education Sessions in Winter/Spring 2023

**Repeat 2-part sessions at 12:00 – 12:45 PM EST  
in January, February, March, April and May:**

<u>Tuesday, January 17</u> <u>Tuesday, January 24</u>	<u>Tuesday, April 11</u> <u>Tuesday, April 18</u>
<u>Tuesday, February 14</u> <u>Tuesday, February 21</u>	<u>Tuesday, May 9</u> <u>Tuesday, May 16</u>
<u>Tuesday, March 14</u> <u>Tuesday, March 21</u>	

**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 with GLAD National Team at [gladcanada.info@gmail.com](mailto:gladcanada.info@gmail.com) if you are experiencing any difficulties connecting