



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.

Note: This is an information session only. Participants will not be exercising in this class.

Class Type	Date	Time	How to Register
Online	Thursday, May 15 & 22	1:00 p.m. – 2:15 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, June 10 & 17	1:00 p.m. – 2:15 p.m.	
	Wednesday, July 30 & August 6	9:00 a.m. – 10:15 a.m.	

Click “register online” to see if there are additional class dates available.

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.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.

