

預防骨關節炎和如何擺脫疼痛的研討

Osteoarthritis Prevention & Overcome Pain Presentation



How exercise overcome Pain?

- What is Osteoarthritis?
- What is the main cause of Osteoarthritis?
- What are the long-term effects of Osteoarthritis?
- How can you prevent Osteoarthritis?
- What are the treatments for Osteoarthritis?

Presentation in English by Chiropractor

Dr. Kevin Haines, BSc, DC

Dr. Kevin will tell & demonstrate about how exercise is safe for osteoarthritis, what the guidelines recommend, and go through some sample exercises that will modify so that everyone will be able to participate comfortably!

Two presentations are held, All are welcome at no cost

Sunday Mar 12, 2023 9am-10am Room AR1 of Angus Glen Community Centre
Tuesday Mar 14, 2023 2pm-3pm 2nd Floor of Crosby Memorial Community Centre

AGOAC

Registration:

Sunday registration is closed

Tuesday registration is open, please send email to HealthExercise@agoac.ca