

September is Arthritis Awareness Month

Join us for a FREE Presentation on
Living with and Managing Arthritis

Presented by Myles Willis

Physiotherapist BMR- PT, MCISc, Vestibular Provider

Thursday, September 12th at 1:00pm

Arthritis can be very debilitating and limiting. In this talk, we will learn about the different types of arthritis, early identification and management. We will review exercises to help maintain mobility, strength and balance while living with arthritis

To Register Please Call the Centre
204-467-2582

Registration Deadline: Tuesday, September 10

