



Senior Centre



The Arthritis  
Society

Manitoba/Nunavut Division

# Moving Beyond

## ARTHRITIS WORKSHOP

*Medications: When & How to use them*  
Wal-Mart Community Pharmacist

*Using the Right Tool for the Right Job*  
Eleanor Stelmack, Occupational Therapist, Healthy Aging Resource Team

*Physical Activity & Your Arthritis*  
The Arthritis Society

*Footwear Form, Function & Fit – Know Your Options*  
Canadian Footwear

Wednesday, September 15, 2010  
Good Neighbours Active Living Centre  
720 Henderson Hwy  
10 am – 3 pm  
Registration 9:30 - 10:00 am  
\$8.00  
*(includes lunch, snacks & educational materials)*

*Seating is limited!*

*To register, contact Good Neighbours at 669.1710*

ARTHRITIS  FIGHT IT!