



TRANSCONA COUNCIL for SENIORS, Inc



The Arthritis Society

The Manitoba/Nunavut Division

# Moving Beyond

## ARTHRITIS WORKSHOP

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

*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 22, 2010  
All Saints Ukrainian Orthodox Church, 1500 Day St  
10 am – 3 pm  
Registration 9:30 - 10:00 am  
\$8.00  
(includes lunch, snacks & educational materials)

Seating is limited! To register, contact:  
Colleen Tackaberry - Transcona Council for Seniors @ 222-9879

ARTHRITIS  FIGHT IT!