



In Motion Education Series

Suffering from chronic joint or bone issues?

Join our **FREE** In Motion Education Series!

Delivered in partnership with the Burlington Family

Health Team, the In Motion Education series, offers expert guidance, practical tips, and a supportive community to help you manage your joint and bone health.

All sessions run on Tuesdays from 11:00 am to 12:00 pm on the following dates:

- January 13th: Osteoporosis, Emma Tawil, PT
- January 27th: Osteoarthritis, Jessica Lammers, PT
- February 10th: Chronic Pain, Adam Piccinin, PT
- February 24th: Inflammatory Arthritis, Anne Svetik-Jones, PT
- March 10th: Total Joint Replacement, Jessica Lammers, PT

Registration
is required.

Please visit the
Ron Edwards
Family YMCA or
contact us at
(905) 632-5000

Space is limited
to 25 participants.

Participants can
enroll in each
session individually.