



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.

Wed. June 4th: Osteoarthritis, Jessica Lammers, Physiotherapist

Wed. June 18th: Pain Management, Adam Piccinin, Physiotherapist

Wed. July 9th: Joint Replacements, Amanda Baxter, Physiotherapist

Wed. July 23rd: Exercise Therapy, Jessica Lammers, Physiotherapist

Wed. Aug. 6th: Nutrition, Andrea Howe, Dietitian

Wed. Aug. 20th: Stress Management, Mauj Yousif, Occupational Therapist

Registration is required.

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

Space is limited
to 30 participants.

Participants can
enroll in each
session individually.