



# 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 Wednesdays from 10-11am

Oct 1- Inflammatory Arthritis with Anne Svetik-Jones, Physiotherapist  
Oct 8 - Osteoarthritis with Jessica Lammers, Physiotherapist  
Oct 15 - Joint Replacements with Adam Piccinin, Physiotherapist  
Oct 22 - Chronic Pain with Adam Piccinin, Physiotherapist  
Oct 29 - Osteoporosis with Amanda Miller, Physiotherapist  
Nov 5 - Exercise Safety with Emma Tawil, Physiotherapist  
Nov 12 - Stress Management with Mauj Yousif, Occupational Therapist  
Nov 19 - Meet Your Healthcare Team with Anne Svetik-Jones, Physiotherapist  
Nov 26 - OA: Drugs and Diet with Monique Bergenwall, Pharmacist/ Andrea Howe, Dietician  
Dec 3 - OP: Drugs and Diet with Monique Bergenwall, Pharmacist/ Andrea Howe, Dietician  
Dec 10 - Energy Conservation with Occupational Therapist  
Dec 17 - Community Supports/YMCA Exercise Programming with Jessica Lammers, Physio

Registration  
is required.

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

Space is limited  
to 35 participants.

Participants can  
enroll in each  
session individually.