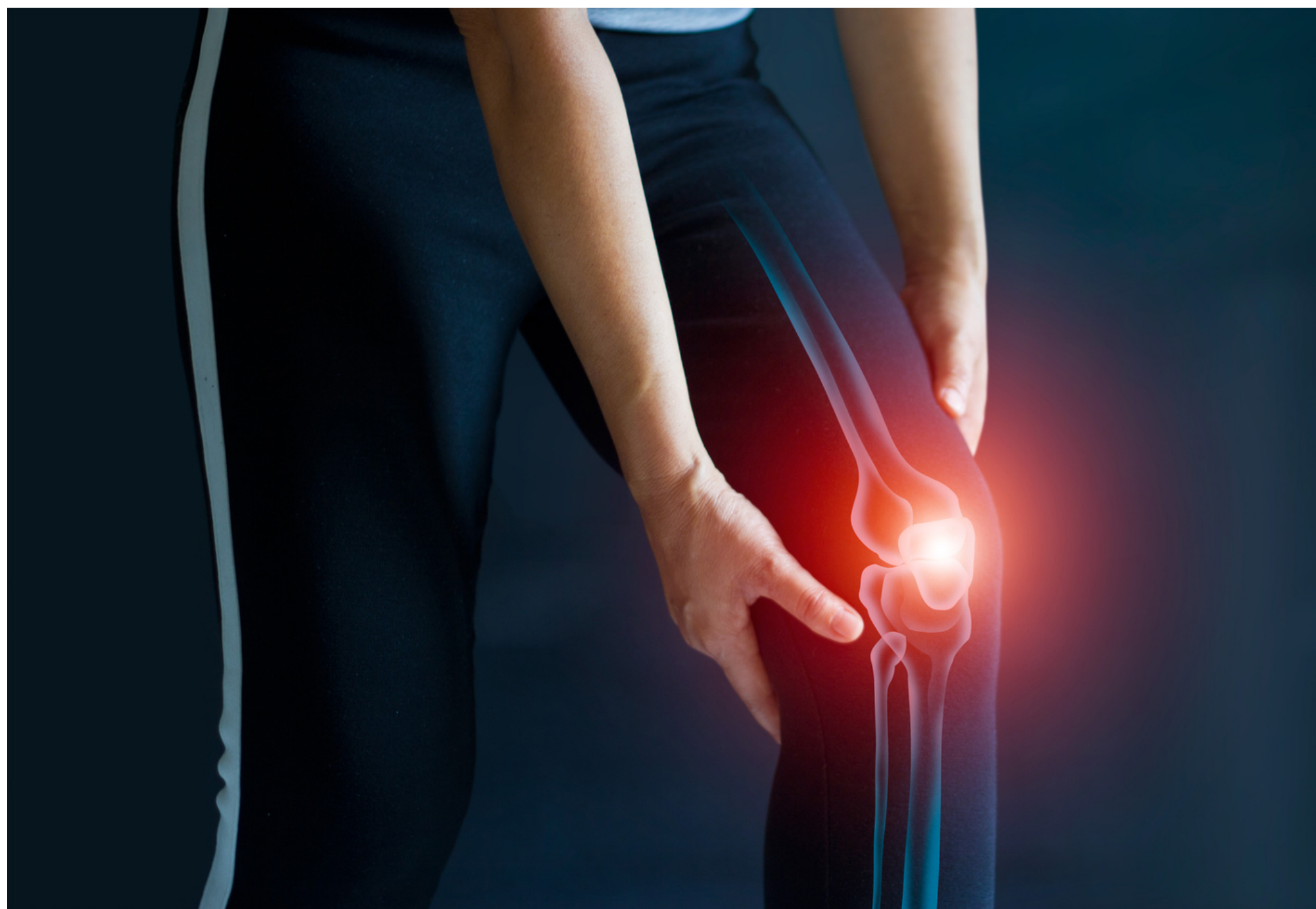


Living Well with Arthritis

October 27, 2023

10:00-11:00am MST

Join us, as this session covers a wide range of topics pertaining to arthritis management. From learning about what arthritis is, to what the Arthritis Wellness Program is about, this session will provide individuals with further knowledge on arthritis management.



Learning Outcomes:

- The different types of arthritis
- Treatments for arthritis, including medications, diet, physical activity, and taking care of the whole self
- The different health professionals that can be on your health care team
- The Arthritis Wellness Program

Speakers:

Dr. Diane Lacaille, the Scientific Director and a Senior Scientist at Arthritis Research Canada; as well as a Professor in the Division of Rheumatology, Department of Medicine, at the University of British Columbia, in Vancouver. Dr. Lacaille also has a rheumatology practice in Vancouver, BC, and holds the Mary Park Chair in Rheumatology Research from UBC and The Arthritis Society of Canada.



Target Audience: People with arthritis, family members who provide support, and healthcare professionals

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