

Overcoming Arthritis Pain No Matter the Weather!

January 21, 2025

10:00-11:30am MDT

Osteoarthritis is a common cause of joint pain, with changes occurring in the cartilage and bone structures. In this session, we will learn more about what osteoarthritis is, and how it is diagnosed. We will discuss how to manage osteoarthritis pain and symptoms.



Learning Outcomes:

- Learn what osteoarthritis is, including what tests may be ordered to confirm a diagnosis
- Hear tips on how to self-manage osteoarthritis pain
- Discuss what your healthcare providers may offer as treatment for arthritis pain

Speakers:

Dr. Cheryl Barnabe is a rheumatologist, researcher, and member of the Otipemisiwak Metis Government (Metis Nation within Alberta). She is the Director of the McCaig Institute for Bone and Joint Health at the University of Calgary. She provides rheumatology care at the Siksika Nation, Tsuut'ina Nation and the Elbow River Healing Lodge in Calgary



Target Audience: Persons living with osteoarthritis, and the family members and healthcare providers supporting them

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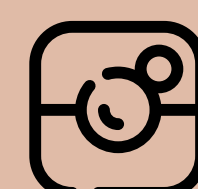
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