

Managing Osteoarthritis

June 17, 2026

10:00-11:30am MT

Living with joint pain or wondering about arthritis? Join us to learn more about the condition of osteoarthritis, the role of physical activity and pain management strategies. We will discuss practical tips you can use right away to help you manage pain, and explore ways to care for your joints that respect both traditional knowledge and modern medicine. This comfortable online session will provide you with space to learn, ask questions, and connect with others on the same journey.



Learning Outcomes:

- What is osteoarthritis?
- Difference between inflammatory arthritis and osteoarthritis
- Strategies to help manage joint pain
- Practical tips to make daily life easier

Speakers:

Renee Scruton - Physiotherapist, Arthritis Society Canada, Arthritis Rehabilitation and Education Program (AREP), with experience working with Indigenous communities in the Georgian Bay regions. This has strengthened her commitment to culturally respectful care, emphasizing trust, collaboration, and holistic wellness.



Target Audience: People living with osteoarthritis or at risk of developing arthritis

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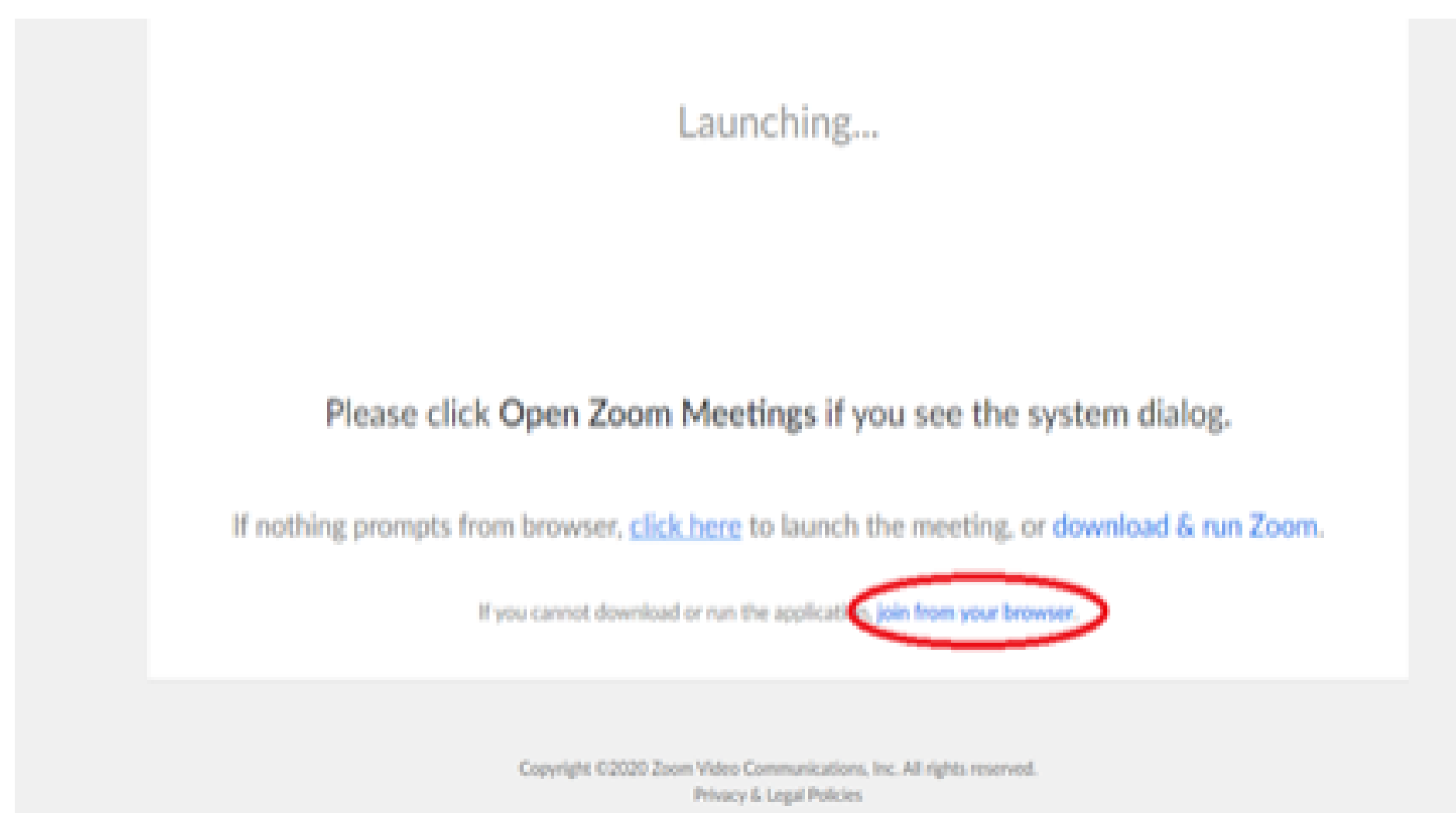
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