



Hillside Seniors Health Centre
Yakimovich Wellness Centre

1454 Hillside Avenue

FEBRUARY 2012

Please check our web site at www.viha.ca/hshc/yakimovich_wellness_centre.htm

DATE: THURSDAY, FEBRUARY 16TH, 2012

TOPIC: EXERCISE CONTROL OVER ARTHRITIS

TIME: 10:00am – 12noon

Presenter: Cari Taylor, Manager of Education & Services for the Vancouver Island region of the Arthritis Society

Session Description: Almost two-thirds of Canadians struggling with arthritis believe that physical activity poses the risk of aggravating their symptoms. Are you missing out on some of the most effective treatments for joint pain? Join this 2-hour workshop where you will learn the truth about this and walk away more confident in your understanding of how and why 'movement matters'.

Free Admission

Register by calling Hillside Seniors Health Centre 250-370-5641

OR

Register by emailing: WellnessCentreRegistration@viha.ca

(Two hour free parking on side streets or paid parking behind Aberdeen/)
For more information call the Yakimovich Centre: 250-370-5641