St. Joseph's Hospital Pain Management Program and Rheumatology Centre
September to December 2026 Virtual Workshop Schedule

Exercising Safely and Effectively with Chronic Pain Vanitha Aramugam, Physiotherapist **Monday, September 21: 9-11 am**	**Chronic Pain and Family Relationships** Taylor Obre, Social Worker **Monday, September 28: 1-3 pm**
Weight Loss for Pain and Disease Management **Part A: Weight Loss Strategies (Diet, Exercise, and Medication)** Alia El Kubbe, Dietitian Vanitha Aramugam, Physiotherapist Denise Kreutzwiser, Pharmacist **Monday, October 19th: 9-11 am**	**Part B: Why is this SO HARD? Weight Loss Challenges and Practical Strategies for Success** Dr. Marilyn Hill, Psychologist **Monday October 26: 9-11 am**
Pacing Your Daily Activities Stacey Gicante, Occupational Therapist **Monday, November 16: 9-11 am**	**Preparing for Winter and the Holiday** Stacey Gicante, Occupational Therapist Social Work Team **Monday, November 23: 9-11 am**
Dealing with Concentration and Memory Problems Stacey Gicante, Occuapational Therapist Denise Kreutzwiser, Pharmacist **Monday, November 30: 9-11 am**	

To register, click on this link or use this QR code to Microsoft Bookings:

Sessions will be held by videoconferencing on the Webex platform – you may join using a cell phone, tablet or computer.

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If you are unable to attend, please cancel your appointment using the Microsoft Bookings calendar invitation.

ST JOSEPH'S HEALTH CARE LONDON