

Exercise with Chronic Pain

May 25, 2020, 9:00 am – 11:00 am

Vanitha Arumugam, Physiotherapist

Patients attending this session will learn about:

- How to add exercise to your day.
- Am I doing the right exercise.
- Appropriate exercise for maintaining strength, flexibility and endurance.
- Pain and fatigue management.
- How to find and access community resources to help you exercise

This is a “virtual” group session that you can access right from your own home! Patients registered for this workshop will receive an e-mail prior to the date of the workshop. This e-mail will provide details on how you log in to access this virtual group.

To register, please call **Flora Circelli at 519 646-6100 ext. 61792.**

If you are unable to attend, please cancel your appointment.

