

St. Joseph's Hospital Pain Management Program and Rheumatology Centre

September to December 2025 Virtual Workshop Schedule

Chronic Pain and Family Relationships Taylor Obre, Social Worker Monday, September 22: 1-3 pm	Exercising Safely and Effectively with Chronic Pain Karin Hobby, Physiotherapist Friday, September 19: 9-11 am
Pacing Your Daily Activities Stacey Gicante, Occupational Therapist Monday, November 24: 9-11 am	
Weight Loss for Pain and Disease Management	
Part A: Weight Loss Strategies (Diet, Exercise, and Medication) Alia El Kubbe, Dietitian Karin Hobby, Physiotherapist Denise Kreutzwiser, Pharmacist Friday, November 21st: 9-11 am	Part B: Why is this SO HARD? Weight Loss Challenges and Practical Strategies for Success Dr. Marilyn Hill, Psychologist Friday, November 28: 9-11 am
Strategies to Improve Your Sleep Dr. Marilyn Hill, Psychologist Stacey Gicante, Occupational Therapist Denise Kreutzwiser, Pharmacist Monday, December 8: 1-3 pm	Dealing with Concentration and Memory Problems Gillian Fish, Occupational Therapist Denise Kreutzwiser, Pharmacist Friday, December 5: 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.

