

Arthritis: Self-Management of Osteoarthritis

What can I expect to learn?

Osteoarthritis is the most common type of arthritis. It affects your joints and can lead to pain, stiffness, and change what you are able to do. Join a Physiotherapist to learn about the condition and what you can do every day to help manage your symptoms and help you feel better. This 2-part class will talk about:

- What causes osteoarthritis, risk factors and symptoms
- How joints work and how they change with osteoarthritis
- How to protect your joints, manage pain and be active
- Tools and devices that can make daily life easier
- How overall wellness can help your symptoms
- Treatment options available

How many classes are there?

2 classes for 1 hour and 15 minutes

How is this class being offered?

Over Zoom and in-person

Who can register for this class?

Adults who live anywhere in Alberta and who are physically present in Alberta during the session

How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

