



# In Motion Education Series

**Suffering from chronic joint or bone issues?**

**Join our **FREE** In Motion Education Series!**

Delivered in partnership with the Burlington Family Health Team, the In Motion education series offers expert guidance, practical tips, and a supportive community to help you manage your joint and bone health.

Feb 19: Osteoarthritis  
Feb 26: Osteoporosis  
Mar 5: Rheumatoid Arthritis  
Mar 12: Energy Conservation  
Mar 19: Joint Replacements  
Mar 26: Exercise Safety  
Apr 2: Drug Therapies  
Apr 9: Stress Management  
Apr 16: Meet Your Health Care Team  
Apr 23: Nutrition  
Apr 30: Pain Management  
May 7: Community Support & YMCA exercise options



Registration  
is required.

**Please visit the  
Ron Edwards  
Family YMCA or  
contact us at  
**(905) 632-5000****

Space is limited  
to 30 participants.

Participants can  
enroll in each  
session individually.

