

LIVING WELL WITH ARTHRITIS WORKSHOP



led by
Health and Wellness Coach
Ariana Parolini

5 weekly interactive & informal information sessions where participants are encouraged to share their day-to-day experience, coping skills and ideas.

A comprehensive course for people to learn to manage their pain by understanding it and developing strategies to live a better fruitful life



TUESDAYS

6:30pm – 8:30 pm

**September 10, 17, 24
& October 1, 8**

Sarto-Desnoyers Community Centre

1335 Lakeshore, Dorval, QC H9S 2E5

FREE for AWISH Members

\$20 for non-members

Become an AWISH member for \$25 a year!

5 weeks = 5 topics

1. The nitty-gritty of arthritis.
2. Nutrition – Creating the right habits.
3. Exploring your options – Relaxation, massage, posturology, therapies, etc.
4. Movement matters!
5. Staying engaged – Critical to your overall wellbeing.



Contact AWISH to register & reserve your spot!

