



The Emotional Pain of Arthritis

FREE PUBLIC FORUM

DATE: Thursday February 26, 2015
TIME: 6:00pm to 9:00pm
LOCATION: Holiday Inn, Fairway Rd
 Kitchener ON

Managing arthritis is about more than just the joint pain and swelling.

Learning that you have a chronic disease like arthritis can be devastating. Studies show that between 60 – 100 % of people with chronic illness experience some form of depression.

Learn more about the connection between the physical and emotional aspects of arthritis and tips on managing the emotional rollercoaster of a chronic disease at this free public event.

Our “Arthritis Avenue” will be open from 6:00pm – 7:00pm after which speakers will begin. Space is limited so pre-registration is required.

FEATURING

Dr. Peter A. Hall, Ph.D., C.Psych
 Faculty of Applied Health Sciences
 University of Waterloo

Jim Moss,
 Chief Happiness Officer
 Plasticity Labs

PRESENTED BY



The Arthritis Society has been setting lives in motion for over 65 years. Dedicated to a vision of living well while creating a future without arthritis, The Society is Canada’s principal health charity providing education, programs and support to the over 4.6 million Canadians living with arthritis.

TO PRE-REGISTER, CALL: 1-800-321-1433 x.3330

WE HAVE ARTHRITIS
IT DOESN'T HAVE US

arthritis.ca 1.800.321.1433

ThePain.ca

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