

ARTHRITIS REHABILITATION & EDUCATION PROGRAM

Are you Waiting for Hip/Knee Surgery?

Let **AREP** help you during this challenging time.

A specially trained **Physiotherapist, Occupational Therapist** and/or **Social Service Worker** will provide you with the guidance, reassurance and education you need to live your best life while waiting for surgery. This may take the form of an **individualized consultation** or an **education program** – all done virtually.

Virtual care will be delivered by whatever method works best for you: **telephone, email** and/or **personal video**. All our services are available at NO COST to you if you have an Ontario Health Card and a confirmed diagnosis of arthritis.

You may be particularly interested in our most popular small group education program, delivered on-line:

Stay Active:

Living Well with Hip and Knee Osteoarthritis

Call **Mickaela** at **519.433.2191** or **1.800.321.1433** ext. **1221** to make an appointment with one of our clinicians

www.arthritis.ca/arep

