

FREE ABC HEALTH AND WELLNESS WORKSHOPS Spring 2025

<p style="text-align: center;">Mount Pleasant Community Centre Free Workshops – but please register Tuesdays 1:00 – 3:00pm Multipurpose Room #2 Average time 90 minutes some exceptions may apply</p>		
Pain Management Susan Johnston, Registered Nurse OASIS Educator	April 22 549511	Learn evidence-based strategies to manage arthritis pain so you can exercise, rest and manage everyday activities. 2 hours
Hip and Knee Arthritis Management Louise Lydon, Registered Occupational therapist. OASIS Educator	April 29 549514	Focus on hip and knee specific strategies for management, including joint protection, exercise and pain management. Learn ways to manage your arthritis without surgery and what happens if you need joint replacement surgery.
Spine Arthritis Management Anna Spillane, Registered Physiotherapist OASIS Educator	May 6 549515	Individual class for osteoarthritis in your spine with focus on specific strategies for management, including joint protection, exercise and pain management.
Exercise and Arthritis Wendy Watson, Registered Physiotherapist OASIS Educator	May 13 549516	Learn about the benefits of exercise, the types of exercise you can do to support your joints, and the signs you are doing too much.
Working from Home with Arthritis Louise Lydon, Registered Occupational Therapist OASIS Educator	May 20 549513	Learn ways to set up your workstation when you have arthritis and how you can improve your workstation and habits to minimize your risk of injury.
Curious About Cannabis Susan Johnston, Registered Nurse OASIS Educator	May 27 549512	Learn how and why cannabis can help with pain and how to access cannabis for medical purposes.
Nutrition Supplements Arlaina Waisman, Registered Dietitian OASIS Educator	June 3 557846	Learn about the impact of diet on arthritis, nutrients and supplements that can help, and strategies for healthy eating. 2 hours

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**Hillcrest Community Centre
Thursday 6:15 – 7:45pm
Room 320**

Indigenous Women's Wellness - FREE please register #549524

Want to meet and connect with other First Nation, Metis, & Inuit women in a culturally supportive community environment?

Various physical activities and workshops TBA

April 10 - June 5

**Hillcrest Community Centre
1st and 3rd Mondays 6:00-7:30pm
Room 328**

ABC Song Circle - FREE please register #560400

Song circles are communal singing events, where all voices are woven together in easy to learn songs with surprising harmonies and inspiring, uplifting lyrics. All voices are welcome (no experience necessary). Circle songs, often rounds, originate and are spread in community, and reflect emergent themes arising from those communities. Register then attend 1, 2 or 3 sessions.

Plan to arrive 15 minutes early so we can start singing on time.

This is an indoor event, please take appropriate precautions to ensure the health of others.

With Signy Wilson

April 7-June 16 no classes stat holidays

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**Hillcrest Community Centre
2nd and 4th Mondays 6:00 – 7:30pm
Room 328**

ABC Knit2gether - FREE please register #549501.

New to knitting? Experienced knitter looking to connect with others? Maybe somewhere in between. Either way this knitting club is for you. Knitting is having a resurgence and is even being hailed as the new Yoga. This much-loved craft can reduce stress and anxiety, improve cognitive function, boost self confidence and even help with depression. All levels are welcome, bring an existing project or start something new. Learn a new skill, practice your craft or get help with a project. All are welcome, no experience necessary.

with Janet Haines

Meeting dates April 14 – June 23 no classes stat holidays