

Hours of operation:

This 10 week program is held twice each week.

Each two hour session consists of:

- one hour of educational discussion followed by
- one hour of pool exercises.



**For information call:
416-785-2500 ext. 2683**

Please leave us a message with your name and contact number and we will return your call.



Ask yourself...

Are you having trouble coping with activities because of arthritis?

Did you know...

Arthritis is the most common chronic condition in Canada and that arthritis is the leading cause of long-term disability in our country

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Visit us on-line at:
www.baycrest.org

Baycrest

Baycrest is an academic health sciences centre fully affiliated with the University of Toronto



Program for
Arthritis Control
through education and exercise™

Learn to live successfully with arthritis

Baycrest

About Us

The **Program for Arthritis Control through Education and Exercise™** is a self-management program designed for people living in the community who are interested in learning effective ways to manage the daily challenges of living with arthritis.

In this program you will learn about arthritis, participate in educational discussions with two health care professionals and exercise in our warm water pool. Swimming ability is not required for the program. The Baycrest pool is wheelchair accessible and is equipped with a chair lift.

Our program facilitators will work closely with you to help you set attainable personal goals and help you live well with your arthritis.

This program is most effective for those who want to take an active role in learning to manage their condition.



What you need to know

Through facilitated group discussions and self-management skill practice you will:

- Understand your arthritis and the different ways it affects you
- Learn how to problem-solve around your concerns
- Experience the benefits of warm water exercise while learning how to exercise safely and effectively
- Set realistic goals and keep one step ahead of your arthritis
- Learn about and practice pain management techniques
- Become aware of the different specialized devices available that can help protect your joints
- Learn how to evaluate the potential benefits of alternative therapies
- Become aware of various community resources
- Learn about good nutrition habits
- Understand arthritis medications
- Learn how to make the most of every visit with your doctor and other healthcare professionals by communicating more effectively



How the program works

The program is 10 weeks long. Sessions are two hours in length and are held two afternoons each week.

- One hour is dedicated to education and discussion
- One hour is spent learning and practicing exercises in our warm-water pool.

Enrolment is limited to 15 participants per session.

There is a cost for the program. Your private health insurance may cover this cost.

