

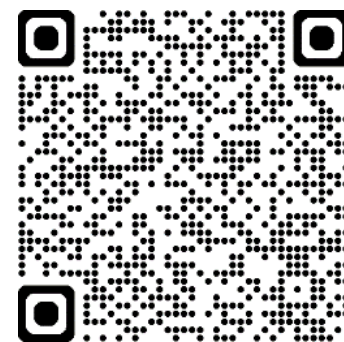
St. Joseph's Hospital Pain Management Program and Rheumatology Centre February to June 2025 Virtual Workshop Schedule

<p>Exercising Safely and Effectively with Chronic Pain Karin Hobby, Physiotherapist</p> <p>Friday, February 14: 9-11 am</p>	<p>Chronic Pain and Family Relationships Megan Armstrong, Social Work Azika Gill, Social Service Worker</p> <p>Monday February 24: 9-11am</p>
<p>Gardening and Symptom Management Stacey Gicante, Occupational Therapist</p> <p>Monday March 24: 9-11am</p>	<p>Talking About Chronic Pain with your Physician, Family & Friends Dr. Marilyn Hill, Psychologist</p> <p>Monday April 7: 9-11am</p>
<p>Persistent Back Pain Karin Hobby, Physiotherapist</p> <p>Monday April 14: 9-11am</p>	<p>Strategies to Improve Your Sleep Dr. Marilyn Hill, Psychologist Stacey Gicante, Occupational Therapist Denise Kreutzwiser, Pharmacist</p> <p>Monday May 12: 9-11am</p>
<p>Pacing Your Daily Activities Stacey Gicante, Occupational Therapist</p> <p>Monday June 2: 9-11 am</p>	

To register, click on this [link](#) or use this QR code to Microsoft Bookings:

Sessions will be held by videoconferencing on the Webex platform – you may join using a cell phone, tablet or computer.

Sessions will be held by videoconferencing - you may join using a cell phone, tablet or computer. Our **DIGITAL NAVIGATOR** (email: digitalnavigator@lhsc.on.ca) is available to assist you if you need help on the day of the workshop.



If you are unable to attend, please cancel your appointment using the Microsoft Bookings calendar invitation.

