

St. Joseph's Hospital Pain Management Program and Rheumatology Centre September to December 2024 Virtual Workshop Schedule

<p>Chronic Pain and Family Relationships Megan Armstrong, Social Worker</p> <p style="text-align: center;">Monday, September 23: 1-3 pm</p>	<p>Exercising Safely and Effectively with Chronic Pain Karin Hobby, Physiotherapist</p> <p style="text-align: center;">Friday, September 27: 9-11 am</p>		
<p>Chronic Pain, Illness, and Sexual Functioning Dr. Marilyn Hill, Psychologist Vanitha Arumugam, Physiotherapist Celeste Giovanatti, Pharmacy Resident Denise Kreutzwiser, Pharmacist</p> <p style="text-align: center;">Friday, October 4: 9-11 am</p>	<p style="text-align: center;">Pacing Your Daily Activities Stacey Gicante, Occupational Therapist</p> <p style="text-align: center;">Monday, November 25: 9-11 am</p>		
<p>Weight Loss for Pain and Disease Management</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; padding: 10px; vertical-align: top;"> <p>Part A: Weight Loss Strategies (Diet, Exercise, and Medication)</p> <p style="text-align: center;">Alia El Kubbe, Dietitian Karin Hobby, Physiotherapist Celeste Giovanatti, Pharmacy Resident Denise Kreutzwiser, Pharmacist</p> <p style="text-align: center;">Friday, November 15: 9-11 am</p> </td> <td style="width: 50%; padding: 10px; vertical-align: top;"> <p>Part B: Why is this SO HARD? Weight Loss Challenges and Practical Strategies for Success</p> <p style="text-align: center;">Dr. Marilyn Hill, Psychologist</p> <p style="text-align: center;">Friday, November 29: 9-11 am</p> </td> </tr> </table>		<p>Part A: Weight Loss Strategies (Diet, Exercise, and Medication)</p> <p style="text-align: center;">Alia El Kubbe, Dietitian Karin Hobby, Physiotherapist Celeste Giovanatti, Pharmacy Resident Denise Kreutzwiser, Pharmacist</p> <p style="text-align: center;">Friday, November 15: 9-11 am</p>	<p>Part B: Why is this SO HARD? Weight Loss Challenges and Practical Strategies for Success</p> <p style="text-align: center;">Dr. Marilyn Hill, Psychologist</p> <p style="text-align: center;">Friday, November 29: 9-11 am</p>
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<p style="text-align: center;">Strategies to Improve Your Sleep Dr. Marilyn Hill, Psychologist Stacey Gicante, Occupational Therapist Celeste Giovanatti, Pharmacy Resident Denise Kreutzwiser, Pharmacist</p> <p style="text-align: center;">Monday, December 2: 1-3 pm</p>	<p style="text-align: center;">Dealing with Concentration and Memory Problems Gillian Fish, Occupational Therapist Celeste Giovanatti, Pharmacy Resident Denise Kreutzwiser, Pharmacist</p> <p style="text-align: center;">Friday, December 6: 9-11 am</p>		

To register, click on this [link](#) or call 519-646-6100 ext. 61786 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.

If you would like technical support (for example testing your device, learning how to join a session or practice a video call), you can call the Virtual Care Helpline at 519-685-8390 (Monday to Friday, 8 am-4 pm, excluding observed holidays).



If you are unable to attend, please cancel your appointment using the Microsoft Bookings calendar invitation, emailing painmanagementclinic@sjhc.london.on.ca or calling 519-646-6100 ext. 61786.

