

FEBRUARY to JUNE 2024**Pain Management Program and Rheumatology Centre Virtual Workshop Schedule**

<p>Chronic Pain and Family Relationships Valentina Mihajlovic, Psychology Resident</p> <p>Date: Monday, February 5: 9-11 am</p>	<p>Exercising Safely and Effectively with Chronic Pain Karin Hobby/Vanitha Arumugam, Physiotherapists</p> <p>Date: Friday, February 16: 9-11 am</p>
<p>Gardening and Symptom Management Stacey Gicante, Occupational Therapist</p> <p>Date: Monday, March 25: 9-11 am</p>	<p>Talking About Chronic Pain with Your Physician, Family & Friends Dr. Marilyn Hill, Psychologist</p> <p>Date: Monday, April 8: 9-11 am</p>
<p>Persistent Back Pain Karin Hobby/Vanitha Arumugam, Physiotherapists</p> <p>Date: Monday, April 15: 9-11 am</p>	<p>Strategies to Improve Your Sleep Dr. Marilyn Hill, Psychologist Denise Kreutzwiser, Pharmacist Stacey Gicante, Occupational Therapist</p> <p>Monday, May 13: 9-11 am</p>
<p>Pacing Your Daily Activities Stacey Gicante, Occupational Therapist</p> <p>Date: Monday, June 3: 9-11 am</p>	

To register, call Christina at 519-646-6100 ext. 61792 or email painmanagementclinic@sjhc.london.on.ca

Sessions will be held by videoconferencing - you may join using a cell phone, tablet, or computer.

If you are nervous about the technology, please let us know! Our Virtual Care Helpline 519-685-8390 is available to help.

If you are unable to attend, please cancel your appointment.