

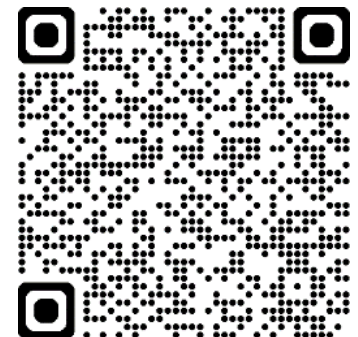
St. Joseph's Hospital Pain Management Program and Rheumatology Centre September to December 2025 Virtual Workshop Schedule

<p>Chronic Pain and Family Relationships Megan Armstrong, Social Worker</p> <p>Monday, September 22: 1-3 pm</p>	<p>Exercising Safely and Effectively with Chronic Pain Karin Hobby, Physiotherapist</p> <p>Friday, September 26: 9-11 am</p>		
<p>Pacing Your Daily Activities Stacey Gicante, Occupational Therapist</p> <p>Monday, November 24: 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 Denise Kreutzwiser, Pharmacist</p> <p>Friday, November 21st: 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>Friday, November 28: 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 Denise Kreutzwiser, Pharmacist</p> <p>Friday, November 21st: 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>Friday, November 28: 9-11 am</p>
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<p>Strategies to Improve Your Sleep Dr. Marilyn Hill, Psychologist Stacey Gicante, Occupational Therapist Denise Kreutzwiser, Pharmacist</p> <p>Monday, December 8: 1-3 pm</p>	<p>Dealing with Concentration and Memory Problems Gillian Fish, Occupational Therapist Denise Kreutzwiser, Pharmacist</p> <p>Friday, December 5: 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.

