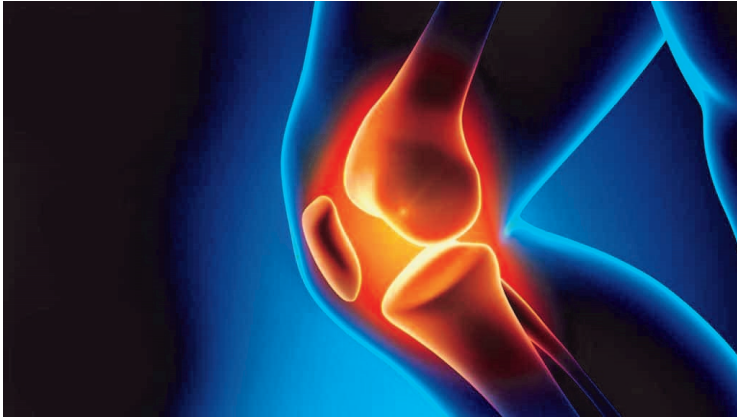


Osteoarthritis Series (in Mandarin)

骨性关节炎系列讲座（国语）

55+
SENIORS



逢星期五 Fri | 10 AM- 12PM
九月七日至二十八日, Sep 7- Sep 28
Richmond Public Library (Brighthouse Branch)
2nd Floor Room
100-7700 Minoru Gate, Richmond BC
报名或查询网址：www.yourlibrary.ca/events
或致电 to register, please call 604-231-6462
热门讲座，需预先报名

Learn about Osteoarthritis in this 4 session workshop series offered for free in partnership with Vancouver Coastal Health (VCH) and OsteoArthritis Service Integration System (OASIS).

在温哥华海岸卫生局（VCH）和骨关节综合服务机构（OASIS）合作举办的四场讲座中，学习了解骨性关节炎相关知识。

September 7 | Understanding Osteoarthritis 认识骨性关节炎

Learn the signs and symptoms of osteoarthritis and strategies to protect joints to improve overall management.
了解骨性关节炎原因及症状，并保护你的关节免受进一步的破坏。

September 14 | Osteoarthritis and Exercise 骨关节炎和运动

Learn various types of exercises and the recommended amount of exercise for those with osteoarthritis to increase range of motion, strength and endurance.
学习锻炼方法，骨关节炎和安全锻炼的重要性。

September 21 | Nutrition and Osteoarthritis 营养和骨性关节炎

Learn how diet and weight affect osteoarthritis in this workshop that covers topics on nutrients, supplements, weight, eating habits, portion sizes and Canada's Food Guide.
了解影响骨性关节炎的食品和补充剂。

September 28 | Pain Management 疼痛管理

Gain an understanding of why pain occurs for those with osteoarthritis, factors that increase pain and strategies to manage a flare up and chronic pain.
学习各种疼痛管理策略，包括医疗和辅助疗法。