

**Free activities online in collaboration with the
Bibliothèque de Brossard Georgette-Lepage**
Registration is mandatory at <https://activitesbiblio.brossard.ca>

Lectures online

Wednesday, October 23, 1:30 p.m.: Ms. Caroline Berthiaume, kinesiologist, will talk about the benefits of physical activity for arthritis. Limit of 50 participants. (French)

Wellness Workshops (from 1:30 p.m. to 3:30 p.m.) online

Trained volunteers give the workshops. Each workshop includes a presentation and a question period in both English and French. Limit of 30 participants.

~~Monday, September 14, 2020: Le stress et ses impacts (French).~~

Monday, October 19, 2020: Stress and its impact (English)

Monday, November 9, 2020: La douleur chronique, la reconnaître et la traiter (French)

Other free activities online

Please register at info@arthriterivesud.org at 438 630-7215 to have the directions to participate online. A technical support will be available on request

Adapted Fitness Exercises online

On every Tuesday for 10 weeks, from October 6 to December 01 (from 10 a.m. to 11 a.m.)
Prof: Jean Proulx. Warm-up, aerobic activities, stretching, relaxation, fitness, sitting or standing exercises. Free for all this Fall. Open to all at all time. Don't miss the chance to care for your body!

Coffee Support Group online

On Friday from 1:30 p.m. to 3:00 p.m.

English : ~~September 25 (Resilience)~~, October 30 (Stress) and November 27 (Pain)

French : October 9 (La résilience), November 13 (Le stress) and December 11 (La douleur)

Informal meetings to talk about arthritis, share tips and tools, in a friendly supportive environment.

Wellness Workshops (from 1:30 p.m. to 3:30 p.m.) online

Monday, November 23, 2020: Introduction à l'arthrite (French).

Monday, December 14, 2020: Introduction to arthritis (English).
