



Hand Therapy Workshop

This workshop will cover information on:

- Arthritis
- Nerve Entrapment
- Tendonitis
- Joint Protection
- Pain Management
- Energy Conservation

Workshop Dates and Times

Westside: March 25th
from 9:30am-10:30am

Parkwood: April 3rd from
12:30pm-1:30pm

Oak Park: April 25th
9:00am-10:00am

**Presenter: Anita Greene-Occupational Therapist
for Doctors of Physical Therapy**

