

Where Can I Find More Information ?

Arthritis- General Information

- Living with Arthritis
<https://rheuminfo.com/living-with-arthritis/>
- General Information
<https://rheuminfo.com/diseases/>
- Arthritis Society
<https://arthritis.ca/>
- Southwest Region Contact for Arthritis Society
<https://www.southwesthealthline.ca/displayService.aspx?id=12287>

Arthritis-Friendly Exercises and Activity Classes

- 23 and ½ hours: What is the single best thing we can do for our health? (Dr. Mike Evans)
<https://www.youtube.com/watch?v=aUalnS6HIGo>
- Exercise and Falls Prevention Classes
<https://www.southwesthealthline.ca/listServices.aspx?id=10986>
- VON Exercise Program
https://www.youtube.com/watch?v=EC9a0rQKBvQ&list=PLt3MmNNKrHUpPjly7Kc_ZehElyjCKuIH
- OA Optimism Exercise Videos
<https://www.oaoptimism.com/new-page>
- Chair Exercise Program (From Soup to Tomatoes)
<https://www.youtube.com/watch?v=MWxThqLV-Ro>
https://www.youtube.com/channel/UCOMO_bx4Y2l0jkhQtFHppQw/playlists
- GLAD Canada (Good Life with osteoArthritis)
<https://gladcanada.ca/index.php/what-is-glad-canada/>

Physiotherapy

- Physiotherapy Clinics
<https://www.southwesthealthline.ca/librarycontent.aspx?id=213>

Weight Control

- What's the Best Diet? Healthy Eating 101 (Dr. Mike Evans)
<https://www.youtube.com/watch?v=fqhYBTg73fw>
- Canada's Food Guide
<https://www.unlockfood.ca/en/Articles/Canada-s-Food-Guide/Canada-s-Food-Guide.aspx>
- Checklist for Choosing a Weight Loss Program
<https://www.unlockfood.ca/en/Articles/Weight-Loss/Checklist-for-Choosing-a-Weight-Loss-Program.aspx>

- Meal Planning Help: Cookspiration
<http://www.cookspiration.com/menuplanner.aspx>

Where Can I Find More Information ?

Gait Aides

- Assistive Devices Program
<https://www.ontario.ca/page/assistive-devices-program>
- Equipment Sales and Rentals
<https://www.southwesthealthline.ca/libraryContent.aspx?id=215>

Preparing for Surgery

- Lifestyle Changes before your joint surgery
<https://www.lhsc.on.ca/joint-replacement-surgery/preparing-for-surgery>
- Site Specific Patient Surgical Booklets
<https://www.southwesthealthline.ca/libraryContent.aspx?id=212>
- General Information about Hip and Knee Surgery (Dr. Mike Evans)
https://www.youtube.com/watch?v=xAL_TrQdtTY
- Resources for having a Total Hip or Knee Joint Replacement
<https://www.lhsc.on.ca/joint-replacement-surgery/patient-resources>
- Smoking Cessation
<https://whenithurtstomove.org/wp-content/uploads/Smoking-Cessation-Brochure-EN.pdf>
- Diabetes Management
<https://www.diabetes.ca/managing-my-diabetes/tools---resources/managing-your-blood-sugar>