

Conference (Free)

L'importance du Plaisir pour vaincre la douleur (Importance of pleasure to overcome pain)

Mrs Danielle Gratton, a retired psychologist (in French)

Friday, May 12, 2023, 1:30 p.m. to 3:30 p.m.

Georgette-Lepage library, 7855 San Francisco Ave., Brossard, J4X 2A4

Register at the Library in April: <https://biblio.brossard.ca/activites/limportance-du-plaisir-pour-vaincre-la-douleur-12-mai/>

Wellness Workshop and SPOTLIGHT ON ... (Free)

Stress and its impact on arthritis

French: Saturday, April 15, 2023, 10:30-12 p.m.

English: Sunday, April 16, 2023, 10:30-12 p.m.

St-Lambert Library, 490 avenue Mercille, St-Lambert, J4P 2L5

Register at: <https://saint-lambert.tuxedobillet.com/>



[Crédit](#)

Group support: Causons d'arthrite/Share and Shine with Arthritis

Second (French) and last (English) Friday of the month. From 1:30 p.m. to 3 p.m., online and onsite at the Nathalie-Croteau Centre, 2210 André street, Brossard. Register at info@arthriterivesud.org

In English : March 31 (Back pain with Mrs Mahsa Vafaei), April 28, May 26, 2023

In French : April 14, 2023



I'm taking charge of my arthritis!

English: Monday April 24 to June 5, 2023, 10 a.m.–12 p.m. Bibliothèque Georgette-Lepage, 7855 ave San Francisco, Brossard, J4X 2A4 (Holiday break May 22)

Please reserve your seat now. Register at info@arthriterivesud.org

New sessions will take place this fall – check our Web site (arthriterivesud.org)

Social Activities: Monthly Brunch

Date: April 7, May 5 at 11 a.m.

Location: Restaurant (address to be communicate at time of reservation). At the participants' expense

Book your place by e-mail as soon as possible at info@arthriterivesud.org

Adapted fitness exercises for arthritis (Free)

Every Tuesday, 10 a.m. to 11 a.m. from March 28 to May 30, 2023.

Online and On site at Centre communautaire La résurrection, 7685 Boul Milan, Brossard, QC J4Y 2M7.

Mandatory registration at info@arthriterivesud.org

Limited places on site but open to all at any time online

Fitness adapted exercises for pain management (Free)

Every Wednesday, from March 22 to May 24, 2023.

For those with moderate physical difficulties: 2 p.m.-3 p.m.

Online and on site at Centre ESPOIR Quebec, 6098 Grande Allée, St-Hubert J3Y1B4.

Mandatory registration at info@arthriterivesud.org.

Limited place on site but open to all at any time online



Aquaform and Aqua-douceur activities

The city of Brossard will offer sessions of aqua form and of aqua-douceur, this spring at 3075 boul de Rome, J4Y 1R2. Visit brossard.ca or <https://ludik.maville.net/Brossard-LudikIC2Prod/Enligne/Pages/Anonyme/Resultat/Page.fr.aspx?m=1>

Aquaform

Session of 55 minutes of Aquatic fitness class (aerobics, strength training, stretching) in shallow water - Prerequisite: 16 years old at first class. Depth: 1.2 m to 1.4 m. Water temperature: 29°C/84°F.

Aqua-douceur

Aquatic fitness class (aerobics, strength training and mobility) given in the recreational pool in warm, shallow water. This format includes moderate exercises for the cardiovascular system and reduces the impact on the joints through wide-ranging movements while respecting limitations and abilities – Objectives: Increase mobility and muscle tone. - Prerequisite: 16 years old at first class. Depth: 1 m to 1.2 m. Water temperature: 31 °C/88 °F.