

Conference

Les proches aidants, qui sont-ils et comment les aider ?

Ms. Chantale Tremblay and Karine Cloutier, conseillères en développement régional for the organization Appui. **(in French)**

November 24, 2023, 1:30 p.m.-3p.m. Brossard Georgette-Lepage Library, 7855 Avenue San-Francisco, Brossard, J4X 2A4.

Please register online at the Library after September 5: <https://biblio.brossard.ca/activites/les-proches-aidants-qui-sont-ils-et-comment-les-aider-24-novembre/>

L'anxiété et comment les exercices peuvent aider la résilience physique et mentale

Lucie Couillard, CISSS, Wednesday, September 13, 2023, 2 p.m.-3 p.m. **(in French)**

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

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

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

Third (French) and fourth (English) Monday of the month. From 1:30 p.m. to 3 p.m.

Online and on site at the Brossard Georgette-Lepage Library, 7855 Avenue San-Francisco, Brossard, J4X 2A4.

In **English**: September 25, October 23, and November 27, 2023

In **French**: September 18, October 16 and November 20, 2023

Register on line with the Brossard Library a few weeks before the event.

<https://biblio.brossard.ca/activites/causons-darthrite-18-septembre/>

<https://biblio.brossard.ca/activites/share-and-shine-25-september/>

<https://biblio.brossard.ca/activites/causons-darthrite-16-octobre/>

<https://biblio.brossard.ca/activites/share-and-shine-23-october/>

<https://biblio.brossard.ca/activites/causons-darthrite-20-novembre/>

<https://biblio.brossard.ca/activites/share-and-shine-27-november/>



I'm taking charge of my arthritis!

English: Monday, October 16 to November 20, 2023, 10 a.m.-12 p.m.

Centre Alpha Tutorat, 3250 boul. Rome, suite 4, Brossard, J4Y 1V9

French : Wednesday, October 18 to November 22, 2023, 10 a.m.-12 p.m.

Centre Alpha Tutorat, 3250 boul. Rome, suite 4, Brossard, J4Y 1V9

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Social Activities: Monthly Friday Brunch

Dates: October 6, November 3, and December 1, 2023, at 11 a.m.

Location: Restaurant Barbies, Brossard. At the participants' expense

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Adapted fitness exercises for arthritis

Professor: Jean Proulx.

Every Tuesday, 10 a.m. to 11 a.m. from September 12 to December 12, 2023.

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

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Limited to 25 people on site but open to all at any time online.

Fitness adapted exercises for strengthening the resilience

Professor: Jean Proulx.

Every Wednesday, 2 p.m to 3 p.m, from September 13 to December 13, 2023.

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

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Limited to 30 people on site but open to all at any time online



NEW: Adapted Dance Program

Professor: Carol Jones

Every Thursday from September 14 to December 14, 2023, 10 a.m.-11 a.m.

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

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Limited to 20 people on site but open to all at any time online.

NEW: Fitness adapted exercises for healthy life habits

Professor: Vittia Thong

Every Thursday from September 14 to December 14, 2023, 1:30 p.m.-2:30 p.m.

online and on site at the Centre communautaire de Greenfield Park, 330 Gladstone, Greenfield Park, J4V 2P7

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Limited to 20 people on site but open to all at any time online

NEW: Programme P.I.E.D (In French)

Monday (1:30-2:30 p. m) and Wednesday (1:30-3p.m.) from September 11 to November 29, 2023.

On site at the Centre communautaire de Greenfield Park, 330 Gladstone, Greenfield Park, J4V 2P7. Conditions applied. Limited seats.

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org