

Join us for the 16th Annual AHPA PreCourse!

Friday February 9 &
Saturday February 10, 2024
1:00 - 4:00 pm EST

Optional Networking 12:30 - 1:00 pm EST

Friday February 9, 2024:
Theme 1: Maintaining a
Healthy 'Balance':
Strength Training and
Fall Prevention in
Arthritis

Saturday February 10,
2024: Theme 2: What's
Your Gut Telling You?:
Nutrition, Obesity,
and
Gut Microbiota

Speakers:

Dr. Teresa Liu-Ambrose: Falls Prevention & Managment

Dr. Jasmin Ma: Improving Strength Training and Tailoring Among People with RA

Kim Hall: Stretch Break

Speakers:

Dr. Michael Lyon: Inflammatory Arthritis, Nutrition & Obesity

Dr. Philip Sherman: Role of the Intestinal Microbiome in Rheumatology: A Critical Appraisal

Obesity Canada: Patient Resources



Event is free for 2024 AHPA and CRA Members and invited guests

AHPA Members: For more information and to register, click here.

Not a 2024 AHPA member? Click here to join or renew.