

Arthritis Rehabilitation and Education Program (AREP)

NKS HEALTH 



*Book Your Free 1 Hour Arthritis Consultation
Scheduled on the 2nd Friday of every month*



THE APPOINTMENT WILL INCLUDE:

An assessment of your joints, a review of their functional issues and then developing a plan to help through exercises, education, or splinting.

Still struggling with arthritis?

Contact NKS Health to book your 1 hour session with *Mercedes*, an occupational therapist from the Arthritis Society every month on the 2nd Friday.

I don't deserve this award, but I have arthritis and I don't deserve that either.

-Jack Benny

NKS Health

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