



Hip and Knee Replacement Patients:

Would you like to learn more about your hip or knee replacement surgery?



Do you want to be more prepared for your hip or knee replacement surgery? Your education regarding Hip and Knee Replacement Surgery can start before you meet with your surgeon. The Hip and Knee Resource Center, located at 331-1155 Concordia Ave., offers a number of free education classes. These classes include:

Considering Joint Replacement Surgery

This class provides information on the non-surgical treatment options for arthritis as well as information and resources to help you prepare for your consult visit with the surgeon.

Once you decide to proceed with surgery and have been placed on the waitlist, there are more classes available to help you meet your specific education needs before surgery. These include:

The Knee or Hip Replacement Class

This class provides you with information to use before, during and after your surgery. You will learn about equipment and mobility aids (including demonstrations), safe exercises, movements to avoid after surgery and how to set up your home for your recovery.



Nutrition and Exercise Classes

These classes will provide you with detailed information about exercise and nutrition for management of arthritis and recovery from surgery. The tips and tools provided will allow you to work toward and maintain a healthy lifestyle by giving you the power to make change.

Pain Management Class

Managing your pain before surgery is an important part of keeping well. This class will focus mainly on the non-drug strategies that can assist with your pain management. The skills you will learn can help you to be more active before and after surgery.

Before Your Surgery Preparation Class

This class will provide you with valuable information to help you get ready for your surgery, the hospital stay, discharge home and recovery. The information will allow you to anticipate common problems, decrease surgical risks and complications, prepare for a safe and timely discharge home and live well with your new joint.

Once you are assigned a surgeon, you should receive a pamphlet outlining these classes and dates that they are available. To learn more about the Hip and Knee Resource Centre, visit <http://www.wrha.mb.ca/prog/hipknee/index.php> or call 204-926-1221.

Concordia Foundation receives \$100,000 donation from Wawanesa Insurance towards Concordia Health & Fitness Centre's \$45M Campaign

A generous contribution of \$100,000 from Wawanesa Insurance is adding momentum to the Concordia Health & Fitness Centre's \$45M fundraising campaign.

Wawanesa is a proud company with a long history dating back to 1896. It is also very proud to support the communities in which it works and lives. They have stood strong behind charities and have supported Concordia Foundation since 2008.

"Wawanesa supports charities, like Concordia Foundation, which provide broad community benefit and have wide community support." said

George Bass, Vice President, General Counsel and Secretary of Wawanesa Insurance.

"Donors are the heart and soul of the Concordia Foundation," said Les Janzen. "We are able to do this work because of the support of caring, community-minded organizations such as Wawanesa, and the others who have contributed to date."

The Concordia Wellness Projects Inc. Board is working to raise \$15 million dollars towards a \$45M Concordia Health & Fitness Centre Campaign. The project proposes evenly-split financing between the developer, the federal government, and

the provincial government. If all goes as currently planned, this exciting addition to the Concordia Campus is expected to open in 2017.

For further information please visit www.concordiaFIT.ca or contact Les W. Janzen, CEO, at ljanzen@concordiavillage.ca or via telephone at: 204 663 6058.

