

Hamilton Niagara Haldimand Brant Local Health Integration Network Hip and Knee Osteoarthritis Community Resources

Please find below a listing of hip and knee osteoarthritis community resources available across the Hamilton Niagara Haldimand Brant (HNHB) Local Health Integration Network (LHIN).

HNHB LHIN-Wide Resources

HNHB LHIN Musculoskeletal Central Intake and Assessment Centre

www.mskciac.ca

1-888-868-5568

Publicly-Funded Physiotherapy Clinics

http://health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx

Health Services for Hamilton Niagara Haldimand Brant – HNHB Healthline

<https://www.hnhbhealthline.ca/>

Take Control Take Charge- Living with Chronic Pain and Disease Self-Management Program

https://www.takecontroltakecharge.ca/index.php?mid=1&id=46&page_type=S&lang=EN

1-855-333-2376

GLA:D Program

<http://gladcanada.ca/>

HNHB LHIN Exercise and Falls Prevention Programs

<http://www.hnhbhealthline.ca/listServices.aspx?id=10986>

Wharton Medical Clinic – Weight Management

www.whartonmedicalclinic.com

1-833-962-5359

Canadian Orthopaedic Foundation

<https://whenithurtstomove.org/>

1-800-461-3639 x221

Canadian Orthopaedic Foundation - Quit Smoking Before Surgery

<http://whenithurtstomove.org/my-surgery/tips-for-preparing-for-surgery/quit-smoking/>

1-800-461-3639 x221

Arthritis Society
<http://www.arthritis.ca/>
1-800-321-1433

Osteoporosis Canada
<https://osteoporosis.ca/>
1-800-463-6842

Canada's Food Guide
<http://www.unlockfood.ca/en/Articles/Canada-s-Food-Guide/Eating-well-with-Canada-s-Food-Guide.aspx>

McMaster Optimal Aging Portal
<https://www.mcmasteroptimalaging.org/>

Canadian Physical Activity Guidelines
<http://csepguidelines.ca/>

HNHB LHIN Hospitals Performing Hip and Knee Replacement Surgery

Brant Community Healthcare System – Brantford General Hospital
<http://www.bchsys.org/hospital/>
519-751-5544

Hamilton Health Sciences
<http://www.hhsc.ca/>
905-521-2100

Joseph Brant Hospital
<http://www.josephbranthospital.ca/en/index.asp>
905-632-3737

Niagara Health
<https://www.niagarahealth.on.ca/site/home>
905-378-4647

St. Joseph's Healthcare Hamilton
<https://www.stjoes.ca/>
905-522-1155

Hamilton Sub-Region

The Live Well In Motion Program – YMCA
<https://www.ymcahbb.ca/Programs/LiveWell/InMotion>

Flamborough Family YMCA	905-690-3555
Hamilton Downtown Family YMCA	905-529-7102
Les Chater Family YMCA	905-667-1515

Parks and Recreation Hamilton

<https://www.hamilton.ca/parks-recreation>

Sackville Hill Seniors Centre

<https://www.hamilton.ca/parks-recreation/recreation/sackville-hill-seniors-recreation-centre>

905-546-2541

Hamilton Resources for Seniors and Older Adults

<https://www.hamilton.ca/city-initiatives/strategies-actions/resources-seniors-and-older-adults>

Niagara Sub-Region

YMCA of Niagara

<http://www.ymcaofniagara.org/>

Fort Erie EJ Freeland Community YMCA 905-871-9622

Niagara Centre, Welland 905-735-9622

Niagara Falls Branch 905-358-9622

Port Colborne YMCA 905-835-9622

Walker Family Branch, St. Catharines 905-934-9622

Leisure Activity Guide – St. Catharines

<https://www.stcatharines.ca/en/playin/LeisureGuide.asp>

Welland Community Wellness Complex

<https://www.welland.ca/RecCulture/WCWC.asp>

905-735-1700

Community Programs for Seniors

<https://www.niagararegion.ca/living/seniors/programs/>

Niagara North-West Sub-Region

YMCA of Niagara

<http://www.ymcaofniagara.org/>

Niagara West YMCA Grimsby 905-309-9622

Town of Grimsby Recreation and Leisure

<https://www.grimsby.ca/Recreation-and-Leisure/Main/>

Town of Lincoln Recreation

<https://lincoln.ca/recreation>

Haldimand-Norfolk Sub-Region

Leisure Activity Guide – Haldimand County

<https://ca.apm.activecommunities.com/haldimand/home>

Senior Support Services

<http://www.seniorsupport.ca/>

Haldimand 1-800-265-2818

Norfolk 1-866-929-0849

Health Unit Haldimand-Norfolk

<https://hnhu.org/>

Brant Sub-Region

The Live Well In Motion Program – YMCA

<https://www.ymcahbb.ca/Programs/LiveWell/InMotion>

Laurier Brantford YMCA 519-512-4891

Leisure Activity Guide – Brantford

<http://www.brantford.ca/residents/leisurecreation/LeisureGuide/Pages/default.aspx>

City of Brantford- Seniors Guide to Services

<http://www.brantford.ca/residents/family/Pages/SeniorsGuidetoServices.aspx>

Wayne Gretzky Sports Centre

<http://waynegretzkysportscentre.ca/>

519-756-9900

Burlington Sub-Region

The Live Well In Motion Program – YMCA

<https://www.ymcahbb.ca/Programs/LiveWell/InMotion>

Ron Edwards Family YMCA 905-632-5000

Live Play Burlington

<https://www.burlington.ca/en/live-and-play/live-and-play.asp>

905-335-7888

Adults 55+ Community

<https://www.burlington.ca/en/live-and-play/Adult-55.asp>

905-335-7888

Listed resources are current as of October 2018.