



# Top 10 Things To Do For Arthritis

**Tuesday, March 13 | 12:00 p.m. - 1:00 p.m.**

**The Gardens Of North Port  
4900 South Sumter Boulevard  
North Port 34287**

Arthritis is shockingly common, but not very well understood. There are more than 100 different types of arthritis, and more than 50 million adults in the U.S. have some form. Join us to learn the top 10 things you can do if you are experiencing joint pain. Understanding the cause of your pain, and the condition of your joints, goes a long way in developing a care plan.

Lecture held at: The Gardens of North Port, 4900 South Sumter Boulevard, North Port  
**Free. RSVP required. Please call Amy at 941-423-0658 to reserve your seat.**



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