



ARTHRITIS

Top 10 Things To Do For Arthritis

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.

Monday, April 16 | 11:30 a.m. - 12:30 p.m.

**Sandhill Gardens Retirement Center
24949 Sandhill Blvd
Punta Gorda 33983 (Deep Creek)**

Lecture held at: Sandhill Gardens Retirement Center, 24949 Sandhill Blvd, Punta Gorda
Free. Lunch Provided. RSVP required. Please call 941-637-2497 to reserve your seat.



Bayfront Health

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