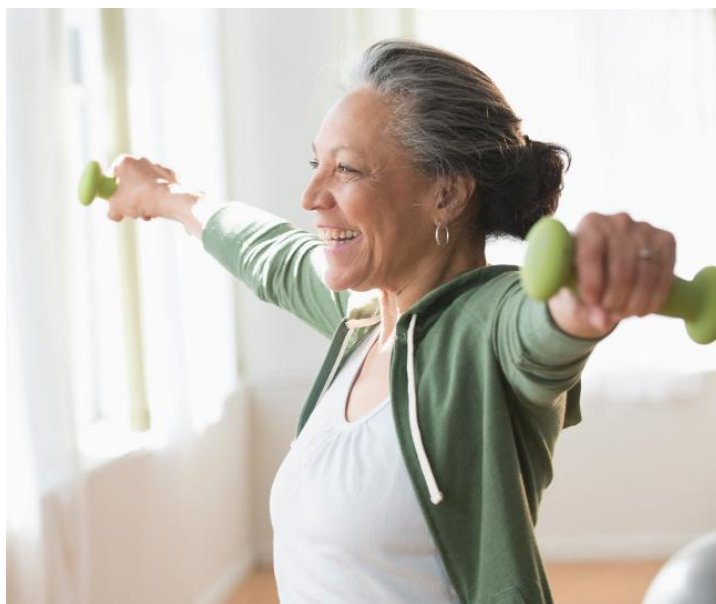


ARTHRITIS – STAYING STRONG

Don't let arthritis slow you down. Join us for this informative program with Community Health Nurse, Katherine Lasberg, JD, BSN, RN, and learn about the various arthritic diseases and their treatments. Learn how exercise, anti-inflammatory diet, staying connected, and rest and relaxation can help keep you strong and resilient.



Arthritis – Staying Strong

Thursday, September 13th at 10:30 a.m.

REDDING HERITAGE SENIOR CENTER

37 Lonetown Road, Redding

**Visiting Nurse
& Hospice**
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For more information about this program, please call the Redding Heritage Senior Center at 203-938-9725.