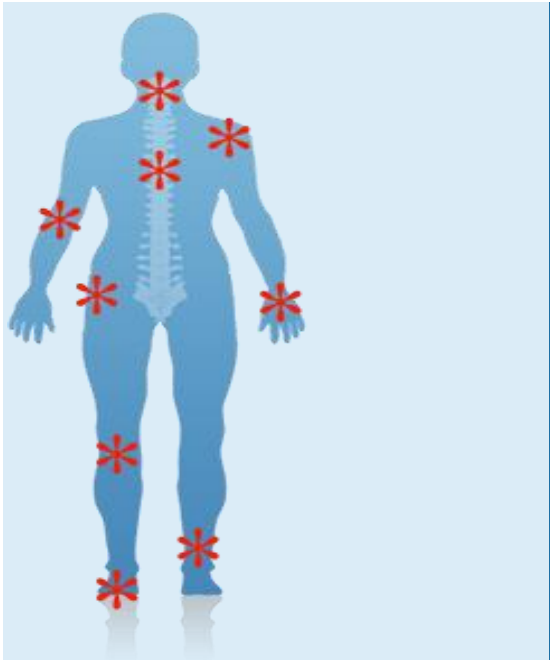


• WHERE DOES IT HURT?



- Neck
- Shoulder
- Back
- Elbow
- Wrist, Hand & Finger
- Hip
- Knee
- Ankle
- Foot, Heel, & Toe



Live Your BEST LIFE LIVE YES! with Arthritis

An introduction to arthritis, which will differentiate between OA (Osteoarthritis) and Inflammatory Arthritis (RA, PsA, etc.), and how to live your **BEST LIFE!**



Let's discuss:

- What is Rheumatoid Arthritis
- What is Osteo Arthritis

Let's learn about the:

- Symptoms
- Health Effects
- Treatment Goals
- Treatment Strategies
- Medications
- Self-care

RWJUH proudly presents

Peggy Lotkowitz

Community Engagement Director
Arthritis Foundation, New Jersey

Join the Live Yes Connect! Network

<https://liveyes.arthritis.org/#/Login>

Tuesday
April 9, 2019
6 p.m.

RWJ Fitness & Wellness Center

Community Room located

100 Kirkpatrick St, 2nd Flr, New Brunswick 08901

Free 3-hour validated parking in the Wellness Deck

This program is free and open to all. To register please call 888-637-9584.